

Thomas J. Graham

Ayurvedic Materia Medica For Domestic Use

A Guide for Every Home



Volume Two

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Ayurvedic Materia Medica For Domestic Use

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गुरुकुल कांगड़ी विश्वविद्यालय, हरिद्वार

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VOLUME - TWO

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By
Thomas J. Graham



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PREFACE

My object in the composition of the following Treatise has been to present the unprofessional reader with a clear and correct description of the nature, symptoms, causes, distinction, and most approved treatment of the diseases to which the human frame is liable; knowing that such a work is in constant requisition by clergymen in their endeavours to help their poor parishioners, and also by the heads of families in the absence of their medical friend; and that to travellers, emigrants, and persons proceeding to a foreign climate, it must prove of frequent, and sometimes of signal, service. The chief design of the writer of a work of this description should be, I conceive, to lay before his readers a just and clear view of the nature of the different maladies treated of, and the best and most manageable remedies for the relief of pain and irritation, and the cure of disease; and these are the objects which I have constantly kept in view throughout the volume, and to the accomplishment of which every consideration of minor importance has been sacrificed. In every instance, the HEAD OF TREATMENT has received the greatest attention, because it is the most important; and under this division the plan or plans of management which are generally applicable to the particular malady treated of, and which are the most certain of success, in the majority of cases, have in general been first laid down, and afterwards almost every other useful remedy has been described separately. So that the reader will, I hope, find a determinate mode of treatment, of general and superior efficacy, detailed under each complaint for which he may be desirous of prescribing, and thus be preserved from doubt and anxiety as to those remedies which merit his first and chief regard.

So far as my experience and observation extend, the soothing plan of treating diseases will be found almost invariably the best and most successful, and this conviction has constantly influenced

me in the advice and instructions now offered. On this point, no higher general principles can be presented for the reader's consideration and guidance than these, —THE FORMATION OF HEALTHY BLOOD AND THE RELIEF OF IRRITATION ARE THE GREAT OBJECTS OF MEDICINE. These truths it is of immense importance he should bear in mind, whenever he wishes to alleviate bodily sufferings in himself or others; for he will uniformly find, that those means which are the most powerful in promoting the life and purity of the blood, and in allaying irritation, are the most speedy and effectual in the relief and cure of disease. These facts have stimulated me to oppose, to the best of my ability, in these volumes, as well as in my other publications, the frequent and excessive use of mercury, and all other debilitating means,—a practice far more general and destructive than is commonly apprehended. Mercurial preparations, especially calomel, are of inestimable value; but it must never be overlooked, that the quantity administered ought to be very small. Mercury, taken in minute doses, soothes and tranquillizes the disordered system, and sometimes proves the most certain and powerful means of recovery; but when given in large doses it breaks down the integrity of the blood, becomes highly irritating to all the organs, and, for the most part, permanently deleterious.

The human body often falls quickly into a state of debility and disease, but from such a condition, the progress towards recovery is generally slow, (although it may be certain), even under the use of the most efficient means of cure; consequently, when any advantage is gained in the beginning, from the administration of medicine, together with a good diet and regimen, we have much reason to be satisfied, and both our wisdom and strength will lie in following up this advantage by perseverance in nearly the same measures. In the practice of medicine, small beginnings frequently ripen into grand results, and it is too often from a disregard of this truth, and a foolish desire to try new plans of treatment, that persons afflicted with severe diseases fail to get well.

In the original composition of these volumes, and in its subsequent revision, I have uniformly and earnestly endeavoured to exhibit the real value of different professional opinions and modes of medical practice; being desirous throughout to divest

myself of all undue partiality, either to the one side or the other, so that my readers may be enabled to recognize here a fair statement, and an unbiassed opinion of the real value, both of prevailing and conflicting sentiments, so far as my ability enables me to exhibit them. In all the affairs of human life, it is, unhappily, too frequently found that prepossession, prejudice, of interested motives, exert a powerful sway, as well over the judgment as the affections of mankind; and hence partly have arisen the error, misrepresentation, and conflict, so remarkably conspicuous in medical writings and opinion. Of course, I cannot hope that the present sheets will be found free from imperfection and error; but if I have erred, I enjoy the sweet satisfaction of knowing that it has not only not been wilful, but also that it has not been without a most sincere and resolute endeavour to state the *real truth*. In no case, to my knowledge, have I delivered an opinion, more especially if relating to practical matters, which has not been verified by personsl experience, or sanctioned by the authority of distinguished professional men, whose veracity and ability are undoubted.

I do not desire or expect to make unprofessional people skilful physicians, but the diseases to which flesh is heir are so many, so painful, and so complicated; the circumstances of the sufferers are so various and changeable; the difficulty of procuring immediately efficient medical assistance is sometimes so great, and the influence of medicines and other means, that may always be safely used, is so salutary, —that we possess herein multiplied and sufficient reasons for diffusing among the public minute descriptions of diseases, and the most precise directions, that can be embodied in a moderate space, for the use of efficient medical means of relief and cure. Accordingly, from medical men in the army and navy, from retired professional men, and also from some of high standing in active practice, the author has received the most flattering testimonies to the value and usefulness of this work. I shall only add in the words of one of the most illustrious of physicians : — “I have always thought it a greater happiness to discover a certain method of curing even the slightest disease, than to accumulate the largest fortune; and whoever compasses the former, I esteem not only happier, but also better and wiser. For can a person give a

stronger proof of his benevolence and wisdom than by endeavouring always to promote the public good, rather than his private interest, as he makes so small and inconsiderable a part of the whole? and, in reality, as it is the part of a wicked man to destroy his fellow-creatures, so it is the duty of a good man to preserve them, and instruct others how to save them from death, even after his own decease. Nor can anything be more inhuman and detestable than to insinuate a disregard and unconcern for whatever misfortunes may happen to mankind after our death.” — *Sydenham's Works*, vol.ii. p. 384.

I beg leave to recommend to the female part of my readers my TREATISE OR THE DISEASES OF FEMALES, and to the clergih and heads of families my volume. ON INFANCY AND CHILDHOOD. The first describes the proper management of women before and after delivery, with an ample consideration of their peculiar maladies, and of many points of uncommon consequence, especially to persons living in the country, or embarking for foreign lands. It contains also engravings of the different regions of the body and the situation of the viscera, with a Glassary of Medical terms, additional prescriptions, etc.. The volume on *Infancy and childhood* embraces the subjects of nursing, food, weaning, choice of wet nurses, exercises of children, bathing, clothing, moral management of children, hints for the mother's management of herself, approved prescriptions in children's disorders, and a consideration of the complaints peculiar to Infants and Children, etc. Both these works should invariably accompany the *Domestic Medicine*, to which they are designed to be supplementary and companions.

N.B. The reader's attention is requested to the following remarks, and also to those on the anatomy and physiology of the intestines at page 696.

1. By the term *disorder of function* is here meant, a derangement of the natural of healthy functions of the organ or part affected. For example, a disordered liver, or a disorder of the stomach, indicates a derangement of the biliary secretion, or a derangement in the secretions and general functions of the stomach.

2. By *organic disease* or *organic injury* is meant, actual disease in the structure of the part affected. A diseased liver or stomach, therefore, means an actual alteration in the structure of the liver or stomach; which, for the most part, is incurable, except in the incipient stage, but commonly admits of great relief. Persons with organic disease may live and enjoy a large measure of comfort for many years, provided their method of living is well regulated.

3. As disorders or diseases of the lungs form so large a proportion of our bodily maladies, the reader will find it necessary to have some clear ideas of the structure of the lungs, in order to understand what is said of the nature and causes of *asthma*, *cough*, etc. I would, therefore, remark, that the most accurate investigations seem to prove that the pulmonary organs are principally composed of the windpipe, and its terminations called *bronchia*, which, at their extremities, are subdivided into a multitude of small canals, terminated by culs-de-sac of a globular form, grouped somewhat in the manner of the terminal branchlets of the cauliflower. So that we may say, that the parenchyma, or substance of the lungs, is formed by the aggregation of a multitude of small vesicles (called air cells), of an irregularly spheroid or ovoid figure, full of air, and separated from each other by opaque white partitions.

Thomas J. Graham

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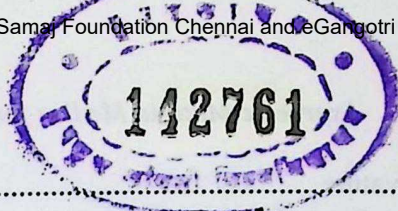
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ERUPTIONS ON THE SKIN

The red, itchy, flat, stationary pimples, so frequently seen on the face of the young of both sexes, are the consequence of a sympathy of the eruptive tendency of the part affected, with a disordered condition of the bowels, lungs, and liver. If they will yield to medical treatment, and subside internally, with some mild cathartic in the same line, are the most efficacious remedy. Dr. Martin's *Handbook of Medicine*, ten or fifteen grains of the compressed powder of ipecacuanha, to be taken at

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in the evening, or at bedtime, will be sufficient. No. 317, page 241, taken twice a day, with ten grains of camphor may be used, the pimples being anointed twice or thrice a day, with the spirit of Roshier's camphor. No. 45 or with the Frusk and lotion below. The lotion of Dr. Williams of mercury No. 724, or page 175, is a most efficacious application, when great itching is present. Dr. Darwin, in the second volume of his *Zoonomia*, has a curious collection of cases of this complaint, with the means employed for their cure, which it may be worth the while of the afflicted reader to consult. Among the rest, is that of "Miss L., a young lady of good figure, who had tried a variety of advice for pimples over the greater part of her face, in vain. She took medicine for a year, and finally wrote, a quartal of a grain every night for many weeks, and diminished her face by degrees all over, and her complexion became clear. These red, stationary pimples in the face, have sometimes been called by professional men, *prurigo rosea*, and are often a source of much distress to the female part of society. Gooden's *History of a Pimples* is a favorite lesson, for that name of this sort is a strong evidence of excessive debility. It is by no means rare, the above means will be found

ERUPTIONS ON THE SKIN

The red, hard, distinct, stationary pimples, so frequently seen in the face of different individuals, are the consequence of a sympathy of the small excreting vessels of the part affected, with a disordered condition of the stomach, bowels and liver. If they will yield to medical treatment, suborifics and alteratives internally, with some local stimulant at the same time, are the most efficient remedies. Dr. Mason Good recommends (*Study of Medicine*) ten or fifteen grains of the compound powder of ipecacuanha, to be taken at bed-time for several nights in succession, the part affected being at the same time wrapped in flannel; I think a grain of calomel should be added to it, and the whole made into three pills with extract of gentian. If this is not effectual, the pill No. 117, page 203; taken twice a day, with ten grains of camphor, may be tried, the pimples being anointed twice or thrice a day, with the strong liniment of ammonia, No. 45 or with the Prussic acid lotion below. The lotion of bi-chloride of mercury No. 72A, at page 175, is a most efficacious application when great itching is present. Dr. Darwin, in the *second volume of his Zoonomia*, has a copious collection of cases of this complaint, with the means employed for their cure, which it may be worth the while of the afflicted reader to turn to. Among the rest, is that of "Miss L., a young lady about eighteen, who had tried a variety of advice for pimples over the greatest part of her face, in vain. She took rhubarb, five grains, and emetic tartar, a quarter of a grain, every night for many weeks, and blistered, her face by degrees all over, and became quite beautiful". These red, stationary pimples in the face, form a complaint called by professional men *gutta rosea*, and are often a source of much disgust to the female part of society. *Gowland's lotion* is a favourite remedy for their removal; but, as it is a strong solution of corrosive sublimate, it is by no means safe; the above means will be found

more permanently beneficial without being dangerous. Glycerine may be tried with every prospect of advantage.

Cutaneous eruptions are divided chiefly into *vesicular*, *pustular* or *scaly* eruptions. *Eczema* or *running scall*, and *herpes* or *tetter* are the principal vesicular eruptions. They are small, round, pointed elevations of the skin, containing a transparent or colourless or pearly fluid; they break, and are succeeded by scurf, scales or open sores.

Eczema is an eruption of small slightly-raised elevations, crowded together on broad irregular patches of bright red skin, accompanied by severe tingling or smarting. Then the vesicles burst, and the fluid dries into thin yellowish-green scabs or shining crusts.

In *herpes* or *tetter* the rash soon coalesces, and their contents become yellowish-white or yellow and form a scab. The shingles belong to this class.

One of the best modes of treating this class is to wash the parts affected very frequently or keep them constantly wet, by means of lint, with an alkaline wash—a drachm of carbonate of soda to half a pint of water; and to take fifteen or twenty drops of tincture of muriate of iron, in a wine-glassful of water, thrice a day. Or, instead of the iron, ammonia will be found very efficacious.

In all cutaneous eruptions, the ammonia mixture No. 78D, page 181, will be found very useful, and the alkaline wash is applicable to every kind, whether of *vesicles*, *pustules* or *scales*.

The *grog blossoms* of hard drinkers can be readily cured only by a return to habits of temperance, with the persevering employment of the means just noticed.

The red discharging pimples occurring on the chin, and about the mouth, are a symptom of some internal disorder or of impurity of the blood, and may almost invariably be removed by the use of the sarsaparilla decoction in the day, and the alterative pill No. 98, every other night. The solution of bi-chloride of mercury, (*liquor hydrargyri bi-chloridi*), in doses of from half a tea-spoonful to a tea-spoonful twice a day in water is likewise very beneficial it may be taken in water or in the decoction of sarsaparilla. This is both tonic and alterative, and is a suitable remedy for almost all

kinds of skin disease. For these, and, indeed, most other kinds of pimples, sulphur internally is an admirable medicine, and the following lotion may be used externally with great advantage : *see* page 121.

Take of Prussic acid,	2 drachms;
Oxymuriate of mercury	6 grains;
Emulsion of bitter almonds	half a pint.
Mix for a lotion, to be used twice a day.	

This lotion is particularly useful in allaying the trouble some itching, so often attending eruptions of this description.

For chronic affections of the skin which appear in distinct patches on the hands, arms, neck, face or any other part of the body, and which generally show more or less of a scaly appearance, glycerine may be spread over the parts or the following ointment will be found useful as a topical application, while some alterative medicine should be taken internally.

Take of Ointment of nitrate of mercury	2 drachms;
Saturnine ointment (page 179)	6 or 8 drachms.
Mix, and apply night and morning on a piece of linen rag.	

One of the very best applications to allay the itching of cutaneous eruptions is made by mixing together bees' wax and olive oil, in tire proportion of one part wax to two or three of oil; with which every irritated part may be anointed nighg and morning. I have known this succeed in a case of unusual suffering, after from twelve to twenty different lotions and ointments had been tried in vain. The benzoated ointment of oxide of zinc, (to be procured at Bell's, in Oxford Street), is said to be a valuable application. Two ounces should be mined with two drachms of rectified spirit of wine, and then smeared on the part night and morning.

Not only the warm, but also the vapour bath is sometimes an effectual remedy in cutaneous eruptions of every kind, and should be tried in all obstinate cases. It may be used about once a week. *See Appendix.*

The red gum, and other eruptions on the skin of infants and young children, are usually the effects of acidity or other disorders in the stomach, and are best treated with absorbents, and gentle aperients occasionally. An absorbent powder of magnesia and gum tragacanth in powder, and the aperient No. 121, page 205, will be proper. The whole surface of the body should be kept clean and be frequently washed with lukewarm water. If any imprudent exposure to cold should suddenly drive in the eruption, the child must be immediately plunged into a warm bath at about one hundred degrees, which is generally sufficient to reproduce it. See the author's volume *On Infancy and Childhood*.

This must be remembered as A PRINCIPLE OF GREAT MOMENT—that almost all cutaneous eruptions,—all foulness of the skin—depend upon a vitiated condition of the blood and digestive organs or derangement of the general health, and, therefore, the most efficient remedies for them are those which tend to improve this condition, and have, at the same time, the power of relaxing the skin such as preparations of antimony and calomel of ipecacuanha, sarsaparilla root, dandelion, nitric acid, and the other means above recommended. The solution of iodide of potassium is sometimes efficacious; and in all cases an exact diet of easily-digested food, and regular active exercise is of great importance. In females, if their female health is irregular, and debility is present, the pills of steel and aloes recommended under GREEN SICKNESS will be advisable.

ERYSIPELAS

ERYSIPELAS or Saint Anthony's fire, is an inflammatory, cutaneous, and trivially elevated swelling, attended with a redness, which disappears, and leaves a white spot for a short time, after being touched with the end of the finger. It is, in fact, an inflammation of an unhealthy character, which is mostly superficial.

This eruption appears in the form of a red blotch or stain, which spreads with more or less rapidity; the part is generally of a bright red colour, clear and shining, the tumour being not accompanied

by throbbing, but by a burning heat and tingling rather than acute pain. After the redness has continued for an uncertain time, blisters of various sizes sometimes rise on the skin, generally containing a thin, sometimes limped, sometimes yellowish fluid. The red colour changes to a yellow as the eruption goes off, and the parts which were not occupied by the blister often suffer a desquamation or peeling off of the skin. In mild cases, the eruption often gradually disappears or is carried off by a spontaneous sweating in a day or two. In others, it continues, without beginning to decline, for twelve or fourteen days or longer.

When this disease attacks the face and head, it is most dangerous, because of the inflammation being apt to spread to the brain. It has there the same appearance as on other parts of the body. A red spot appears on some part of the face, generally of no great extent, which spreads till it sometimes covers, not only the whole face, but the scalp also, now and then descending a considerable way down the neck. The face, and frequently the whole head swell, the fever is considerable, and the tumid eyelids sometimes suppurate.

The prognosis is particularly influenced by the seat of the inflammation; in the limbs it is safer than in the trunk, in the trunk than in the face, and all other things being equal, the more extensive the inflammation the greater the danger.

Whatever part the erysipelas attacks, it is generally preceded by chilliness, succeeded by heat, anxiety, quick pulse, thirst and other febrile symptoms. It is likewise frequently attended with what are called bilious symptoms, as a bitter taste in the mouth, foul tongue, pain in the stomach, head-ache, giddiness, nausea, and even vomiting and purging, frequently of bile.

The *chief causes* are violent passions, such as anger, acute grief, etc.; exposure to the heat of the sun or that of the fire; cold, combined with damp, especially in variable weather; too full a diet, particularly the abuse of fermented liquors; the action of various vegetable, mineral and animal poisons. Wounds, contusions and fractures are frequent causes. Whatever renders the body irritable predisposes to erysipelas; and it is most frequent in spring and autumn. It is unquestionably contagious.

In most cases, it would seem to be intimately dependent on an enervated state of the constitution, and poor blood. Thus persons in the habit of drunkenness and other kinds of intemperance, and who, in a state of intoxication, meet with local injuries, often hang an inflammation of an erysipelatous character; while other subjects, who lead more regular lives, experience, when they meet with similar injuries, healthy inflammation. It is an ancient opinion, that this disease commonly originates in disorder of the liver, and other digestive organs; Hippocrates and Galen entertained this opinion; and the celebrated foreign physician, Tissot, with others of great eminence, have written at length in favour of this view of the subject. But the blood also is in a very unhealthy state, that is, erysipelas is a constitutional complaint.¹

Its characteristic appearances are a florid skin, with vesicles or small bladders, containing an amber-coloured secretion under the raised skin.

TREATMENT—Almost all cases of erysipelas are so connected with a deranged state of the stomach and bowels, as to make a free evacuation from the intestinal canal, by the exhibition of mercurial and saline aperients, of primary importance; with which an emetic may be conjoined. In severe cases of the disease, the emetic No. 29, page 156, should be given immediately; and after it has operated, a purgative powder, composed of a grain of calomel and ten grains of rhubarb or compound jalap powder, which may be washed down with the draught, No. 27 or 28. This purgative may afterwards be repeated every morning or every second morning, according to the state of the bowels, and the disease; and the cordial mixture No. 79, page 181, should be given every four hours during the day. A

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1. The occurrence of erysipelas shows something very wrong about a man's health".—"It is always the result of a disordered state of the digestive organs I never see it come on if the digestive organs be right, and it goes away as soon as they are put right".—*Abernethy's Surgical Lectures*. In Abernethy's opinion, disorder of the digestive organs was the sole and sufficient source of all maladies; he had no idea whatever of impoverished blood being frequently at the root of particular complaints, erysipelas for example; and herein his views were defective and erroneous. Still he saw clearly an important part of the truth.

Erysipelas

cooling vegetable diet is likewise necessary for the first day or two, and afterwards mild nourishing food should be taken, with a little animal food once a day.

After this give bark and ammonia, as in the mixture No. 84B, page 185. The most skilful physicians consider that ammonia is peculiarly efficacious in this disease. Blood-letting is now almost universally condemned in erysipelas, and in no case is the application of leeches or cupping advisable. In very acute cases of erysipelas, the frequent administration of mild purgatives, as No. 120, page 205 or No. 73 or 74, page 176-77, are particularly indicated. The powder No. 120, may, therefore, be given at night, and a dose of the mixture No. 74, on the following morning, and they may be repeated every day or according to the severity of the symptoms; the ammonia mixture No. 84B, page 185, being taken at the same time, three or four times, during the day. An occasional draught of soda water is also proper, if the thirst be urgent. Should the patient be affected with great and heavy sleep, what medical men call *coma*, the feet must be frequently bathed with warm water, a mustard poultice applied to them afterwards, and ammonia given internally.¹

The diet in these cases should be mild and diluting, consisting, for the first few days, solely of vegetable food, and animal broths, with frequent draughts of weak lemonade, barley-water or toast-water.

Severe erysipelas is most frequently met with in delicate and irritable constitutions or in persons debilitated by age, intemperance, poor living or other causes, and then we find universally, that a strengthening mode of treatment is far the best, and often absolutely necessary to the preservation of life. In such examples, especially if the patient inhabit a crowded and populous city or the inflammation change to a purple or livid hue, our chief dependence must be upon a liberal use of bark and ammonia, and wine, as advised under MORTIFICATION. In the first place, the powder

1. Free incision with a scalpel, on the inflamed surface, have been recommended, but I calive they are now generally condemned

No. 120, page 205, should be given in order to empty the bowels, and restore the secretions, and then the sulphate of quinine in doses of three or five grains every four hours, with four, six or eight ounces of food Sherry or Madeira wine. The sulphate of quinine is a superior preparation of bark, and is sometimes a remedy of great value in the present complaint. The bark and ammonia mixture No. 84B, is, in my opinion, still more to be depended on, as I have already remarked, because ammonia is, in erysipelas, of peculiar efficacy, and it is suitable however hard the pulse may be. The diet also must be generous. A little of the most digestible animal food may be allowed once or twice a day, with fresh eggs, sago, panada, etc.; and if the patient has lived intemperately, and indulged much in fermented or spirituous liquors, it will generally be necessary to allow him a little of his favourite drink; under such circumstances even gin has been allowed with advantage. In illustration of the correctness of this remark, I would quote the observations of Sir Astley Cooper on a case in point : A “man”, says this distinguished and very able surgeon, who had weakened his constitution by the excessive use of ardent spirits, and who belonged to the lower orders of London, had erysipelas dreadfully severe; his head was swollen to an enormous size, and his recovery, by every person, thought impossible. It was discovered one day, that his wife brought him some gin. He declared that he was better from having drank it, was consequently permitted its continuance, and, to the astonishment of all, rapidly got well”.—*Lectures on Surgery by Sir A. Cooper*, No. xv.

The *tincture of muriate of iron* (sometimes called sesquichloride of iron) is, next to bark and ammonia, probably the most efficacious remedy for erysipelas, both in adults and children, and the profession generally place great confidence in it. It is now much employed in the London hospitals. Mr. Paget has great confidence in iron, and has said, “iron is not useful in all cases; but no one can be more convinced that there are certain cases in which iron is a direct and distinct cure for erysipelas”.—*Address in Surgery to the Medical Association*. Fifteen or twenty drops of the tincture of muriate of iron may be given to an adult, three or four times a day, in a wine-glassful of water or camphor mixture, and ten drops to a

child of ten years old. Mr. Hamilton Bell, of Edinburgh, was one of the first to call attention to this valuable medicine, and I have introduced a large extract from his observations in my volume on INFANCY AND CHILDHOOD.

Our most experienced physicians altogether condemn bleeding and other evacuations in this disease, and declare that bark, ammonia, and wine are the most powerful remedies in all cases, without exception; an opinion in which I entirely concur. Wine is in many cases of far greater service than bark or quinine; indeed, so much so, that patients with sometimes die or have a *very protracted convalescence*, who are treated with bark or quinine alone, but will quickly recover if allowed six or eight ounces of good wine a day. Should the patient be delirious, that will be an additional reason for the immediate use of wine.

As a local application, it is very common to make use of flour, starch, and similar powdery substances, but the best plan in the early stage of the complaint is, to wash the inflamed parts three or four times a day with lukewarm water or with a lotion made by mixing together an ounce of the solution of acetate of ammonia and six ounces of tepid water. When the blisters break, and the fluid they contain oozes out, the attendants cannot do better than wash the parts, from time to time, with a decoction of elder flowers and poppy-heads. An excellent ointment is composed of equal parts of calamine cerate, soap cerate and the ointment of acetate of lead. It has been found very useful in St. George's Hospital in erysipelas from a wound in the head.

Blisters applied over the inflamed surface, will often promptly arrest the progress of the inflammation. It is a favourite remedy with many practitioners in America and France. It is said to be most useful when there is but a moderate degree of feverish reaction, with a moist and slightly red tongue, and somewhat hot and tense skin.

When this complaint arises from a wound or bruise, a warm bread and water poultice should be applied over the part, and be frequently renewed, the general treatment being such as is recommended above.

A *slow chronic kind* of erysipelas is frequently seen, which hangs about the sufferer for many weeks or months or is often off and on. This always indicates deranged general health, and if the bowels are constipated, requires a saline aperient every morning, such as No. 130B or 130A, with bark and ammonia, twice or thrice a day, as No. 84B—a generous diet, and plenty of country air and exercise.

Before this article is closed, the erysipelas of infants must be noticed, on account of its dangerous nature. It attacks children soon after birth, begins about the navel, and often spreads over the whole belly. The inflamed skin is hard and very painful to the touch; and it appears to seize the most robust as well as delicate children. Sometimes it is seated on the fingers and hands or the feet and uncles, when it is always less dangerous than when it seizes on the belly or any other part of the trunk of the body. This species of erysipelas is most apt to terminate in gangrene. The belly often becomes uniformly tense, and mortified spots make their appearance.

In the treatment of the infantile erysipelas, bark and ammonia or bark with the muriated tincture of iron, have been found of all medicines the most useful. The best form of giving the bark to infants and children, as I have frequently observed in the course of this work, is the sulphate of amorphous quinine. A quarter of a grain may be mixed with a little cinnamon water, and given every two or three hours. The little patient should likewise be nourished from a breast of good milk; and linen compresses, wrung out of camphorated spirit of wine, be applied over the inflamed parts.

EXCORIATIONS

The best treatment of common excoriations consists in dressing them with the Goulard ointment No. 94, page 190 or with the simple ointment, No. 88 or with Turner's cerate No. 95. If there is much inflammation present, the cooling lotion No. 68 or 69, page 173, may be first used, and afterwards the ointment or the bees' wax and olive oil mentioned in page 538-39. Should the excoriation

to depend upon constitutional causes, internal medicine likewise will be necessary; when the sarsaparilla powder or the compound extract of sarsaparilla, dandelion or the quinine pills No. 115, page 202, in the day, and the alterative pill No. 99, every other night, will be found a valuable plan.

The excoriations of infants are effectually treated with Goulard water, No. 69 or by dusting a little flour or calamine powder, over them twice a day. Washing with cold water is also a good practice.

FAINTING OR SYNCOPE

In fainting, the motion of the heart and lungs becomes feeble and imperfect, the sensibility and perception are diminished, the pulse is small and weak, the voice uniformly lost, and the face pale. It may occur suddenly and accidentally, ceasing without any tendency to recurrence; or it may occur at periods more or less regular, with occasional palpitation of the heart during the intervals, and impeded respiration during the fit.

The usual *causes* are fatigue; long fasting; sudden loss of blood; acute pain; overwhelming emotions of the mind, and excess in diet. It may arise also from some structural disease of the heart or the large arteries issuing from it; and where the returns are frequent, and the breathing during the paroxysm, though feeble, is anxious and obstructed; the face livid, with a tendency to restlessness, and without any ordinary exciting cause, as unusual exertion or emotion, being evident, we may with propriety suspect some such lurking mischief.

TREATMENT—In common cases it is only necessary to place the patient in a recumbent position, to apply ammonia, strong vinegar or any other pungent odour to the nostrils, and to use friction to the arms and legs. When the patient is capable of swallowing, a little wine or brandy and water, should be administered; and the occasional causes should be sedulously avoided in future. If the syncope frequently returns, we may be sure the patient requires proper medical attention, and one of the aperient pills No. 100, 101 or 101B, pages 194-95 should be given every other night, with

some tonic medicine in the day, such as the pills No. 102, 103 or 104 or the mixture No. 79, 82 or 83. Cold or tepid bathing may also be resorted to, with exercise, regular hours, and light meals; in short the patient ought to attend to the advice given under *Indigestion*.

When we have reason to suspect some organic impediment about the heart, the pill No. 106A, page 198, may be useful or No. 103A, page 197 or a full dose of sarsaparilla, twice a day; and the alterative pill No. 98A, page 192, every other night, at the same time, will correct any bilious derangement.

Tranquillity of mind and body, exercise an abstinence from all stimulating food, and a regular state of the bowels, should be constantly observed.

FEVER

Under the term fever is comprehended a very important class of diseases, one very liable to be misunderstood, especially by unprofessional persons, and in which the patient is often indifferently or improperly treated. There are no cases in which a clear insight into the *nature* of the malady, may be of more essential service to the patient, and none in which unprofessional persons at a distance from an able medical practitioner, feel more sensibly the want of a skilful guide.

TREATMENT—Fever cannot be cured instantaneously, but it may be moderated; it may be gradually subdued; from being violent and dangerous it may be rendered mild and safe. The physician may be favoured to bring it to this condition; and he can rarely accomplish more than this. Under *typhous fever* I have stated my opinion that fever is not a disease of the solid parts of the frame, but of THE BLOOD, and to that article I refer my readers.

The particular remedies of the greatest service in fever are pointed out under the respective titles, but it is certain that cold drinks, sponging with cold water, Seidlitz powders, and James's powder at night, are grand remedies in the early stages; and in the second or depressive stage, muriatic acid, decoction of bark and

wine. For pains in the head, chest or abdomen, local bleeding may *in the very beginning*, be had recourse to. It is worthy of remark that smaller bleedings will subdue fever than pure inflammation. In all kinds of fever, when the pulse is quick, and the patient extremely hot, and the skin dry, nothing is of greater and more sensible benefit than wrapping the whole body in a wet sheet; let the patient lay in it for half an hour, then take him out, dip the sheet again in cold water, and wrap it again round the patient. This may be renewed to the third or fourth time, if the fever is not quite subdued before. See the Appendix, page 965. When the skin is hot and dry, the wet sheet is far more efficacious than any medicine, and far safer than most medicines prescribed.

Observe: a moderate spontaneous looseness is frequently a salutary crisis of fever, and if it do not prove exhausting, should by no means be interfered with.

The following remarks of Sydenham, in reference to the great diversity in the causes and symptoms of fevers, tire necessity of caution in the use of remedies, and the folly of adhering to exclusive systematic views, are admirably instructive :

“This, however, I am convinced of, from numerous careful observations, that the same method which cures in the middle of the year, may possibly prove destructive at the conclusion of it; and when I had once happily fallen upon a genuine method of treating any species of fever suitably to its nature, I always proved successful, (proper regard being had to the constitution, age, and other particular circumstances of the patient), till that species became extinct, and a new one arose, when I was again doubtful how to proceed, and notwithstanding the utmost caution, could scarce ever preserve my first patients from danger, till I had thoroughly investigated the nature of the distemper, and then I proceeded in a direct and safer way to the cure.”

There is a fever, not uncommonly met with, sometimes called *bilious*, but now more frequently *gastric* fever, as originating in stomachic and intestinal irritation, and which I have noticed under the head of GASTRIC FEVER. This often begins in an unusual manner,

and also follows an unusual course. Sometimes patients will be for weeks under the influence of this fever, without knowing it, although they are very sensible they are not well. Its most remarkable *symptoms* are—general uneasiness and restlessness or as the patient expresses it, a state of complete wretchedness,—a very unpleasant state of the mouth, with an extremely bad taste,—heat, tenderness or pain in the pit of the stomach, and redness of the back part of the mouth.

This fever is sometimes epidemic; it was so in 1826-27. The treatment of this fever must be cautiously pursued, and mainly consists in giving mild aperients, as No. 120 or 121, page 205 or clysters, with saline medicines, as No. 24, page 153 or No. 35A, page 158, moderating the heat of the surface by washing it frequently with tepid or cold water,—by attention to a fluid, easily digested diet, and comforting the patient in every possible point of view.

FILMS OR SPECKS ON THE EYE

By films or specks on the eye, is meant the opaque spots which are frequently seen on the anterior transparent convey part of that organ, and which are almost universally the consequence of active or slow inflammation. The opacity may be confined to a point or may extend over the whole or the greater part of the tunic, which is in technical language, called *cornea*.

The ophthalmic ointment No. 92, page 189, will remove these specks when recent. The ointment No. 89, page 188, is likewise of great utility, and will remove both the specks and the slow inflammation on which they depend. If the films are of long standing, and obstinate, the following eye-water is recommended by Scarpa, the able and celebrated Italian surgeon.

Take of Muriate of ammonia	2 scruples;
Acetate of copper	4 grains;
Lime-water	8 ounces.
Mix. The fluid is to be filtered, after standing twenty-four hours. To be used with an eye-glass, twice or thrice a day.	

Flatulency

After this has been employed for two or three weeks, it should be changed for a stimulating ointment, which may be applied in the same way as the above ointments.

Take of Prepared tutty	1 drachm;
Socotorine aloes, in powder	2 grains;
Calomel	2 grains;
Prepared hog's lard	half an ounce.
Mix.	

This ointment is praised by the judicious Scarps. When the eyes are very irritable, and cannot bear these applications, the oil of walnuts may be tried or the ointment—a most efficacious one No. 89 or 92 pages 188-89. Thirty drops or even a drachm, of the solution of the bi-chloride of mercury, (page 17), taken morning and evening, is a powerful assistant to these remedies.

It is generally necessary to persevere with one or other of these applications for many weeks, and in obstinate cases, it will frequently require many months to eradicate the opacity. The general health should be improved by every proper means. Occasionally some of the small vessels ramifying on the external surface of the eye, become turgid and prominent, and connect themselves with the films, when, if the foregoing remedies are not of themselves effectual in correcting this appearance, the assistance of an oculist will be necessary.

FLATULENCY

Flatulency is, for the most part, a symptom of indigestion, colic, hysterics, hypochondriasis, and other complaints which originate in or are connected with, a weakened state of the stomach and intestinal canal. When the energies of these organs are impaired, they lose the corrective power which they possess in a healthy condition over the materials they contain and, as a consequence, a rapid fermentation takes place, and the digestive canal is distended and overloaded with the air disengaged; relief being only obtained by frequent rejection upwards or downwards. In a highly debilitated

state of this canal, the quantity of gas separated in this manner is sometimes prodigious, and may amount to an eructation of many hogsheads in an hour; a circumstance not unfrequent where weakness of stomach and imprudence in diet are co-existent. Nor need we be surprised at this, since a single apple, during fermentation, will give out, according to the experiments of Dr. Hales, about six hundred times its bulk of common air; and many of the vegetables introduced into the stomach possess as much or more ventosity than apples.

But flatulency occasionally exists without any other symptom of indigestion; occurring, for example, in healthy persons after the enjoyment of a full meal, in which case it is plainly at once the effect and indication of excess, by which the stomach is oppressed and enfeebled in its functions, and rendered incapable of exerting its full control over all the food it contains, part of which therefore, ferments and extricates gas. And from this explanation it will be easily understood how a frequent, unrestricted indulgence of the appetite, may convert a temporary weakness of the stomach, and an occasional flatulency into a permanent disorder.

Generally speaking, the *immediate cause* is owing to a delicate or weakened condition of the stomach and bowels, which explains why infants are so subject to flatulency, from the natural delicacy of these organs in them. It will be seen, from what has been said above, that whatever tends to weaken the digestive organs, may act as an exciting cause; such as drinking a large quantity of cold fluid when the body is heated, a poor vegetable diet, violent purgatives, worms, and lingering chronic complaints. An immoderate indulgence of the appetite, as an exciting cause, has already been alluded to.

It is generally supposed, that air is occasionally separated from the mouths of the secreting vessels into the digestive organs; but in the present instance, there can be little or no doubt, that it is merely given out by the materials introduced into the stomach in the form of food, and tending towards fermentation.

TREATMENT—The cure depends upon giving tone to the digestive canal, and improving the health, which will be most

certainly accomplished by carefully regulating the bowels by means of diet and exercise, and by taking tonics and aromatics, together with nourishing food of the most easy digestion. The plan of cure laid down under the head of *Indigestion*, will probably be the best which the patient can resort to. Constant active exercise in the open air, with regular friction over the bowels, twice a day, is of the greatest consequence. The pills No. 102 or 104, pages 196-97 or the mixture No. 82, page 183, are among the best tonics which can be taken. Daily exercise to the extent of a free perspiration will cure nineteen cases out of twenty.

Dry biscuit is a useful article of diet in this complaint.

In those flatulencies which come on about the time the menstrual discharge ceases, a daily use of the saline powder No. 130A, page 209, often gives more relief than any other remedy, if we page the pill No. 98, page 191.

As a palliative, to give quick relief when the patient is greatly oppressed with wind, a tea-spoonful of ether or of tincture of ginger, may be taken in a little water or brandy and water; or twelve drops of water of ammonia in a wine-glassful of water.

FLOODING

It is only of the haemorrhage or flooding after delivery that I intend to treat here. For a small discharge of blood to continue for some time after childbirth is a circumstance neither uncommon or alarming, but when it is excessive it is called a flooding, and then becomes dangerous, requiring a prompt and decisive treatment for its suppression.

It is sometimes produced by pulling too forcibly at the umbilical chord, and separating the after-birth from the walls of the womb before its blood-vessels have sufficiently contracted. It may also arise from clots of blood remaining in the womb, and preventing its due contraction; but the most common cause seems to be an exhausted state of the vessels themselves, and a consequent inability to contract their mouths, so that the blood flows through them without resistance.

TREATMENT—In the treatment of this affection, we must ever bear in mind the principle, *that contraction of the womb is the only remedy for hoemorrhage from that organ*, and, therefore, our efforts should be directed to secure this contraction as speedily as possible. One of the most effectual means to obtain this is, by friction and pressure of the surface of the abdomen over the seat of the womb. This part should be courageously but cautiously grasped, and well rubbed, until it is found to contract under the hand, when the bleeding will be arrested *See my TREATISE ON THE DISEASE OF FEMALES*. Another of the most powerful means of checking flooding, is dashing cold water on the naked abdomen *from on high*. This, if I am not mistaken, was first pointed out by the late Dr. Gooch, a midwifery practitioner in London, who has remarked on its instantaneous effect in putting a stop to the bleeding, after the coldest water has been used in vain, in the common way of applying it to the part by means of cloths. After dashing the cold water on the abdomen *from on high*, it will be proper to continue the application of cold, by means of wet cloths kept constantly applied to the parts, till all haemorrhage has ceased; the windows should be at the same time thrown open, and the patient covered only with a sheet, and kept perfectly quiet.

Should this plan fail or there is reason to suspect the retention of clots of blood in the womb, the accoucheur's hand should be directly introduced and the clots be withdrawn, when the bleeding will often immediately cease. It is probable, that the gentle stimulus or irritation conveyed to the womb, by the simple introduction of the hand into its cavity, has some effect in every instance where benefit has followed the practice; therefore, we may calculate upon a frequent advantage from this stimulus alone, even where there are no clots to bring away.

Should the rush of blood be so prodigious as to produce so great and sudden exhaustion as to threaten the immediate extinction of life, the warmest and most active cordials must be given. Wine or brandy, in an undiluted state, should be administered; and if we succeed in rousing the patient, they should be dropped by degrees or exchanged for food of a rich and nutritive, but less stimulant description. Opium also is, in this condition of the female, of the

greatest value, especially in irritable, delicate constitutions; and it must be given in the extremity of danger in large quantities, as one or two tea-spoonfuls of the tincture for a dose, (in water or brandy and water), to be frequently repeated. Opium restores the lost energy of the arterial system, and in the nervous agitation which follows flooding, is sometimes capable of saving persons apparently in the jaws of death.

For the giddiness, noises in the ears and pains in the head, which are apt to follow great loss of blood in lying-in women, the best remedies are a saline aperient (No. 27, page 155) every other morning, with about fifteen or twenty drops of tincture of opium, once or twice a day.

GALL-STONES

Gall-stones or *Biliary Calculi*, are concretions formed in the passages through which the bile passes from the liver into the gall-bladder or into the first intestine.

They occasion, in many instances, some disturbance, with paroxysms of pain, commonly referred to the pit of the stomach, and right side, darting through to the back, and sometimes give rise, whilst passing into the bowels, to sickness or vomiting, to jaundice or to severe attacks of colic. In their passing along the *ducts*, the pain is often very acute, and attended with nausea, flatulence, a bitter taste in the mouth, acid or bitter eructations, colic, distention of the belly, and perhaps vomiting, and either complete jaundice or a slight yellow tint over the eyes or lips. *The pulse is usually unaffected, and there is no fever*, unless the symptoms are particularly violent or of long duration. In the severest examples, there is commonly present a furred, dark-yellowish tongue, great restlessness, anxiety, loss of flesh and strength, and considerable tenderness at the pit of the stomach. The bowels are mostly confined, and the motions devoid of bile. The attacks vary much in regard to their duration and recurrence.

Persons rarely, if ever, pass gall-stones, who have not been previously suffering for months or years from indigestion and

bilious affection. It is a previous state of deranged digestion, and affection of the liver, which originates the formation and passage of these concretions; and, consequently, whatever occasions weakness and disorder of the digestive organs, preventing the perfect assimilation of the food (*see* INDIGESTION) may be *causes* of this disease. They occur most frequently in the female sex, probably from their more sedentary habits, and in the decline of life, and are commonly met with in fat persons.

TREATMENT—During the paroxysm of pain, etc. endured while the concretions are passing, our object should be entirely to empty the bowels by the use of purgative clysters as No. 8, page 146, and the use of two of the purgative pills No. 97, followed by a draught No. 27 or 28, pages 155-56 or by an ounce of castor oil, rubbed together in a mortar with the yolk of an egg, and a little water; to which may be added warm fomentations, bladders of hot water being applied over the pit of the stomach or friction with the liniment No. 39. In order to procure a speedy evacuation of the bowels, O'Beirne's or Twinberrow's Clyster Machine will be found of the most essential service.

When the bowels are freely evacuated, relief in general speedily follows, but if the continued pain or uneasiness demands an anodyne, a pill containing half a grain of the muriate of morphia may be taken directly and repeated in half an hour, and that once, twice or thrice, should the severity of the pain require it; or fifty drops of laudanum may be taken in water. Almost incredible quantities of opium have been taken, in a very short period, in this distance.

If considerable swelling and tenderness exist at the pit of the stomach, especially if the pulse should be full and hard, we may suspect inflammation of the gall-bladder and ducts, and twelve leeches should be applied over the swelling; or in case the patient is of full habit, twelve or sixteen ounces of blood may be drawn from the arm.

In the intervals of the attacks, our object should be to improve the secretions from the liver and stomach, to promote their regular discharge, and to invigorate those organs; and in order to accomplish

these objects, the patient should be very attentive to his diet, (see INDIGESTION), and to walking exercise or riding on horseback daily and freely, while he regulates his bowels by the pill No. 100, 101 or 101C or 101D, pages 194-95, and takes a tea-cupful of the decoction of dandelion, twice a day or half a tea-spoonful of the alkaline *solution* or the *alkaline tincture* of *rhubarb* (page 4), twice or thrice a day. The pill No. 99, page 192, taken at the same time every night, is a valuable remedy. Daily friction over the pit of the stomach should not be omitted, and a course of the Cheltenham or Leamington waters is likely to prove very serviceable.

The following prescription may be tried should the preceding medicine not have a satisfactory effect. It is called the remedy of Durande, and is much recommended on the continent. It is, no doubt, a useful remedy,¹ especially with the addition of tincture of henbane, but is not equal in my opinion to the remedies above named.

Take of The compound spirit of sulphuric ether. . 6 drachms;
 Rectified spirit of turpentine 4 drachms.
 Mix them together, and, as I advise, add of tincture of
 henbane, three drachms. The dose is a tea-spoonful in wafer,
 twice or thrice daily.

Fatty substances should be carefully avoided in diet, and country air, with very active exercise, is of the first importance.

GASTRIC OR REMITTENT FEVER

Gastric, Bilious or Remittent fever is not uncommon in this country, but is most frequent in the Mediterranean, the East Indies, Africa and America. It is the jungle and hill fever of the East Indies, and the mild kind of yellow fever of the West Indies. Our soldiers and sailors are much subject to it in various parts of the world; and in no place, probably, more severely and dangerously than in Africa.

1. I have prescribed the remedy of Durande in somewhat larger doses, and combined with it tincture of henbane, and certainly with marked benefit." Dr. Copland's *Dictionary of Medicine*, p. 396.

It is sometimes epidemic; especially in autumn when the summer has been hot, after great falls of rain or after inundations. It is observed chiefly in persons of a bilious and sanguine temperament, and who live freely or take insufficient exercise.

Its chief *causes* are over feeding, and deficient exercise, associated with the heat of summer or the depressing influences of the atmosphere of autumn, when fetid exhalations from the soil are apt to prevail, particularly in certain districts, such as low shots lying near the coast, and in jungles. Anxiety of mind is sometimes a powerful cause; and one of the principal symptoms is *extreme prostration of strength*.

The *symptoms* are yellowness of the skin, and bilious vomiting; in some cases constipation, in others diarrhoea; the tongue is white, and red at the tip and edges; the pulse is from 90 to 120; intense thirst, great heat of skin, delirium and prostration.

TREATMENT—The principal indications are to evacuate the morbid secretions in the first passages—the stomach and intestines; and to invigorate the system, and moderate the fever attendant upon the period of excitement which soon appears. For these purposes nothing is so effectual as a couple of calomel pills No. 97, page 191 or the calomel powder No. 120, page 205, taken directly, and followed by a seidlitz powder or three drachms of Epsom salts, in water; after which, give quinine in five grain doses every four hours, and the fever mixture No. 81, page 183, should be given frequently.

This should be followed by the cold ablution or sponging of the whole body, as recommended under FEVER at page 580. A free sponging of the whole body; or even the front of it, with cold water, *when the s'in is hot and dry*, is attended with great and immediate relief. It not only enables that extensive and important organ the skin to resume its duties of arterializing the blood, but it tends, at the same time, most efficiently to support the nervous and vital powers. By these means it relieves internal organs, and wards off inflammatory attacks of the liver, intestines or chest. A part of the body may be sponged at each time, if preferred, and it is always safe and highly refreshing *when the skin is hot and dry*.

Quinine is a principal remedy. Mr. Durrant, of St. Ives,

Cornwall, had considerable experience in the treatment of African fever, and says :—

“The treatment was as follows :—Twenty grains of quinine, and the same of powdered ginger, were administered in hot wine and a little sugar immediately. This generally stopped the severe shivering fit, and five grains of quinine were administered every three or four hours in the same manner. Nearly the whole of the ship’s crew had symptoms of fever during the two years we were in the river and on the coast, and the majority were at the customary duties on the third day after the attack. Other treatment was of a subsidiary character, consisting of warm and tepid bathings in the hot stage, according to circumstances, with light and nutritious diet. Wine and brandy were indispensable aids on account of the extreme prostration, and in one case brandy was administered to the extent of a bottle in the forty-eight hours. In no case was calomel exhibited more than once, and that at the commencement, in combination with rhubarb, with the sole view of clearing the first passage. Not a single death from African fever occurred. I myself had three distinct attacks, the last being the remittent type. Our sojourn in the Delta, and for six hundred miles up the river, and continually visiting the towns, occupied nearly two years. The fevers of Africa being essentially those of debility, the administration of calomel and blood-letting should be avoided.”—*Lancet*, August 15th, 1863.

Should head symptoms supervene, and the patient grow incoherent and very violent, *Dr. Grave's Fever Mixture* No. 87B, page 187, is excellent. It soothes the whole system; and after this, when the patient begins to recover, give a tonic, such as quinine or the bark mixture No. 84B, page 185. These means, with change of air, will usually be sufficient to restore the patient. As a tonic, the mixture, No. 84, page 184, is likewise most suitable, but I prefer No. 84B. *See* Mr. Annesley’s valuable remark on the use of quinine in Indian remittent fever at page 108.

Decoction and tincture of bark will often do more good than quinine. *See* recipe, No. 84, page 184.

As soon as possible the patient should be taken into the air, on

the hills surrounding his residence, and the cold or tepid sponging should be practised every morning.

If *diarrhoea* of a mild character comes on, it should not be interfered with; but if the stools are watery and very offensive or otherwise morbid, then small doses, such as two grains; of each, of grey powder and Dover's powder, should be given about every six hours or as the *diarrhoea* may render necessary.

GOUT

Great difference of opinion has prevailed respecting the *nature, causes, and treatment of gout*, but it is now generally admitted to be, in whatever way it shows itself, a disease of the constitution; and, when appearing in a regular form, it must be looked upon as a salutary re-action and evacuation of the system, whereby the equilibrium of the circulation, and a comparatively healthy state of the various functions are, for a time at least, restored. This is the view taken of it by very many, if not the majority, of the ablest physicians.

It is correctly divided into three varieties viz., ACUTE, CHRONIC AND RETROCEDENT gout.

The gout sometimes comes on very suddenly, particularly in its first attacks. In general, however, the inflammation of the joint is preceded by *various symptoms* indicating a want of vigour in different parts of the body. The patient is incapable of his usual exertions, either of mind or body; becomes languid, listless, and subject to slight feverish attacks, especially in the evening; he complains of pains in tire head, coldness of the feet and hands, impaired appetite, flatulency, heart-burn, spasms of the stomach, and the usual symptoms of indigestion. He is oppressed with heaviness after meals, and a disturbed unrefreshing sleep ensues. The bowels are seldom regular, being either constipated or too much relaxed; the mind at this period, being generally irritable, anxious, and alarmed at the least appearance of danger. A deficiency of perspiration in the feet also, with a distended state of their veins, cramps, and numbness of the feet and legs, and other strange

sensations, often presage the approaching fit. The duration of these symptoms previous to the fit, is various; sometimes only a day or two, at other times, many weeks.

The fit sometimes makes its attack in the evening, more commonly, about two or three o'clock in the morning. The patient goes to bed free from pain, and is awakened about this time by a very acute pain, generally in the first joint of the great toe, the pain often resembling that of a dislocated bone, with a sensation as if hot water were poured on the part. It sometimes extends itself over all the bones of the toes, and fore part of the foot, resembling the pain occasioned by the tension or laceration of a membrane. Cold shivering is felt at the commencement of the pain, which is succeeded by heat and other symptoms of fever. The pain and fever increase, with much restlessness, till about the middle of the succeeding night; after which they gradually abate, and in the most favourable cases, there is little either of pain or fever for twenty-four hours after their first appearance. The patient, as soon as he obtains some relief from pain, generally falls asleep, a gentle sweat comes on, and the part which the pain occupied becomes red and swelled. In most cases, however, the fit is not over, for the pain and fever return on the succeeding night with less violence, and continue to do so for several nights, becoming less severe till they cease.

Such is a simple fit of ACUTE gout. But it often happens, that after the pain has abated in one foot, it attacks the other, where it runs the same course; and in those who have laboured under repeated attacks of the disease, the foot first attacked is often seized a second time, as the pain in the other subsides, which is again attacked in its turn, and they are thus alternately affected for a considerable length of time. In other cases, it seizes on both feet at the same time. After frequent returns, it begins to seize upon the joints of the hand, and at length the larger joints. When the gouty tendency is very great, almost every joint of the body suffers; the pain when it leaves one, immediately fixing in another.

In strong people, the whole fit is generally finished in about fourteen days. In the aged, and those who have been long subject to gout, it generally lasts about two months; and in those who are

much debilitated, either by age or the long continuance of the disease, till the summer heats set in. In the first attacks, the joints soon recover their strength and suppleness; but after the disease has recurred frequently, and the fits are long protracted, they remain weak and stiff, and at length lose all motion.

The above are the *symptoms* of *acute* or *regular* gout.

CHRONIC Gout, (which is by some physicians called *irregular* gout), is the disease of a weakly or debilitated constitution. Here the inflammation and pain are more slight, irregular, and wandering than in the acute; there is only faint redness of the affected joint or no change at all of the natural appearance of the surface; much permanent distension of parts or continued swelling, with unpaired moving power; and no critical indications of the disease terminating. The symptoms are always associated with a disordered state of the digestive organs, a languid or oppressed circulation, and much nervous irritation in the system. The patient is distressed with various uneasy sensations in the stomach, as flatulent distensions, craving or deficient appetite, heart-burn, etc., the bowels are either costive or too much relaxed; fluttering sensations are often felt about the heart; the painful sensations felt in the affected part are rather those of heat and coldness alternately, than of the more continued *burnings* which take place in the acute form of the disease; the spirits are depressed, and the mind very irritable.

The subjects of chronic gout are generally such as have for a considerable time laboured under regular attacks of the acute form of this disease; this, however, is not universally the case, for in some weakly or enfeebled constitutions the gout soon begins to assume the chronic form.

RETROCEDENT gout is that form of the disease in which the gouty action is suddenly transferred from the joint or other external part affected, to some internal organ, as the stomach, intestines, head etc.

Whatever tends to produce an unhealthy fulness of the blood-vessels, hurts the digestive organs, and impairs the vigour of the system, may be ranked among the *causes* of gout. Perhaps the *principal causes* are an indolent and luxurious life or a sedentary

and studious one; hereditary predisposition; anxiety or vexation of mind; excessive evacuations of any kind; cold, flatulent diet or immoderate indulgence in acid and vinous liquors;¹ the suppression of any accustomed discharge; sudden exposure to cold, when the body is heated; wet applied to the feet; costiveness; a variable climate. These may act both as predisposing and exciting causes.

It seems indisputable, that the more violent the fit, and the longer its continuance, the more the gouty disposition is confirmed, and the oftener the attack is renewed.

A continued imprudence or excess in diet, disposes the gout to become chronic, and at last retrocedent, and to attack the stomach in the enervated, and the head in the corpulent.

One of the most frequent and powerful causes of chronic gout in the present day, is the excessive, unskilful use of Wilson's tincture, Reynolds's specific, and other preparations of meadow saffron. They are poisons.

This disease is *distinguished* from rheumatism by the previous symptoms of indigestion above noticed, which do not occur in rheumatism; by the pains attacking particularly the smaller joints, while rheumatism occupies the larger; by the deeper redness and greater swelling of the parts affected in gout than in rheumatism; and by the age of the patient, his habit of body, and mode of living. Gout has a sort of elective affinity for the big-toe or the fingers, while these are seldom or never attacked with rheumatism. In gout the skin is more affected, it presents a deep dusky mahogany colour, shining with the veins much enlarged; there is also more of oedema or puffy swelling and effusion about the joints; we seldom or ever see this in rheumatism. In out the swelling of the hand makes it like a boning-glove. Gout chiefly attacks men, seldom so young as twenty-seven or thirty; rheumatism is very common at this age, both in men and women.

1. It seems that Champagne, Claret and Port, have a considerably stronger tendency to produce Gout than Madeira, Lisbon, and Sherry, because in addition to their equal or greater heating effects, they give rise to more acidity in the blood and first passages.

TREATMENT—The treatment of *acute* gout naturally resolves itself into that proper while the fit is on, and that required during the intervals.

When a patient is warned of the probable approach of a gouty paroxysm, by the occurrence of drowsiness, heart-burn, flatulence, costiveness, pain or pricking and numbness in the lower extremities, coldness of the legs and feet, general chilliness, and other premonitory symptoms which the subjects of the disease are well acquainted with, it will be invariably advisable to attend to these signs, and to administer suitable medicines without delay, since by proper management the threatened attack may frequently, be averted; and even if this object should not be accomplished, the paroxysms will be thereby rendered milder, and probably shorter. One of the best plans for a person to adopt who is threatened with an attack of gout, is to take the following pills at eight, and the draught No. 27, 27 A or 28, pages 155-56, early on the following morning:

Take of Calomel	1 grain;
James's powder	3 grains;
Compound extract of colocynth	4 grains;
Oil of juniper or cloves, sufficient to form the whole into two pills.	

These pills should afterwards be repeated every night or every other night, with the draught, No. 27A, in the morning or a seidlitz powder; and if the pain should be sharp, let him take one of White's pill No. 114A, page 202, every night, till the pain is relieved. He should be careful to keep the bowels in a lax state, and to join with the use of these medicines great moderation in diet, repose of mind and early hours. When the patient is of a full habit, it will in general be necessary for him to observe a rigid course of abstinence for a few days; and, if the tongue be much furred, and attended with heart-burn and nausea, an emetic of fifteen grains of ipecacuanha powder will also be proper, and often afford very sensible relief. By these means an apprehended fit of the gout is frequently warded off.

During the fit, the most rational and efficacious treatment is that which clears the stomach and bowels, and aims at the restoration of healthy secretions from all the digestive organs; and the most effectual way of accomplishing these purposes, is by the administration of purgatives and diuretics, combined with mild mercurial alteratives, as in White's pill No. 114A, page 202, and a spare diluting diet.

Many of the phenomena of gout justify the opinion that this disease is often dependent upon the circulation of a poisonous matter in the blood, and that it is of an *acid nature*, hence the beneficial operation of alkaline medicines. The condition of the kidneys, liver and skin should always be closely, investigated in gouty affections. To restore the due actions of these organs is, in numerous cases, the principal indication, and, when fulfilled, paves the way most certainly to the cure. Colchicum has the effect of increasing the amount of lithic acid, when its excretion is suppressed, but then it is a deleterious article, if taken in more than a small quantity.

Professional men are now fully agreed as to the propriety and necessity of endeavouring, by an immediate recourse to the foregoing means, to correct the disorder of the blood and digestive functions, on which gout in all cases depends. As soon, therefore, as a patient is attacked with a gouty fit, he should take the pills of calomel, James's powder, and extract of colocynth, advised in the preceding page, washing them down with a purgative draught, combined with a suitable diuretic medicine, as in either of the following forms. In the beginning, these pills must be repeated every night or every second night, according to the severity of the symptoms, and the state of the secretions, as evinced by the appearance of the motions and urine. As a general rule, these pills ought to be thus repeated so long as the stools are particularly offensive or discoloured, and the urine deposits a sediment.

Take of Calcined magnesia	15 grains;
Epsom salts	1½ drachm;
Vinegar of colchicum	half a drachm;

Spearmint water 1½ ounce;
 Syrup of orange peel 1 drachm.
 Mix them together for a draught.

Take Epsom salt, Glauber's salt, of each, . . . 1 drachm;
 Vinegar of colchicum ½ drachm;
 Spearmint water 1½ ounce;
 Tincture of senna 2 drachms.
 Mix for a draught.

One of these draughts must be repeated every four or six hours, according to the urgency of the symptoms, and the extent of its operation on the bowels; since the principal objects to be accomplished by its use are, to clear thoroughly the intestinal canal, and to relieve the painful symptoms present, and these indications are, in every instance, most certainly fulfilled by maintaining a free discharge from the intestines, throughout the whole course of the fit. After this medicine has operated copiously three or four times, a sufficient action may in general be kept up by administering it once in the twenty-four hours, say every morning, which repetition will be necessary until all inflammation is removed, the stools and urine acquire a healthy appearance, and the tongue is nearly free from fur. Should it be preferred, either of these draughts may be taken in the act of effervescence; if so, twenty-five grains of carbonate of potash should be added to the draught, when it is taken, and a table-spoonful of lemon juice. This addition will make it more agreeable to many persons, and when much fever is present, is to be preferred.

After the above pills and draught have been so taken as to act freely on the bowels, if severe pain continue, some anodyne may be necessary. If so, give one of Anthony White's pills at bed time, (No. 114A, page 202) or ten grains of the diaphoretic powder No. 124A, page 206.

Blood-letting and the use of leeches are now properly prescribed in gout; they are considered injurious.

One of the most efficacious and best local means of relief, consists in the use of a warm evaporating lotion, as that advised by

Sir Astley Cooper in common inflammation, consisting of two ounces of spirit of wine mixed with eight ounces of water; or that strongly recommended by Sir C. Scudamore, which is made by mixing together four ounces of spirit of wine, and eight ounces of camphor mixture. After having rendered the lotion selected agreeably lukewarm, by immersing a thin cup containing it in a bason of very hot water, it is to be applied to the affected part by means of rags of fine linen, which are to be renewed as often as they become dry. It would be improper to use either of these lotions hot or cold, because when hot, they are found too stimulating, and when cold, there is a risk of checking the gouty action too suddenly. During the night when the lotion cannot be used, the part may be covered with a piece of oil silk, just the size of the linen rags.

Hot poultices to the inflamed part are injurious. But a poultice made by wetting a sufficient quantity of fine bread crumb, with one of the above lotions hot, and applying it to the inflamed joint when it has become just comfortably lukewarm, is often of considerable service in relieving the pain and inflammation, and sometimes agrees remarkably well. This poultice may be repeated twice in the twenty-four hours.

Under symptoms of very severe suffering, it may frequently be advisable to apply some anodyne directly to the part affected, and the extract of belladonna appears to be a very appropriate and efficacious application for this purpose. A drachm of this extract may be mixed with an ounce of spermaceti ointment, and a sufficient quantity of this mixture to cover the affected part, spread on lint, and applied over the seat of pain. In urgent cases, it may be repeated twice or thrice in the twenty-four hours, if necessary, and sometimes its tranquillizing effects will be augmented by covering it with the bread poultice, made with spirit of wine and camphor mixture, as just described.

Warm fomentations do not appear to me to be by any means well adapted to alleviate the pain or remove the inflammation of gout, and their ultimate effects are those of weakness and relaxation. Hot bathing of the feet is, for the most part, highly objectionable during the fit. Neither should the inflamed joint be kept very warm

by the use of flannel or other means, since this practice invariably aggravates the severity, and prolongs the duration of the paroxysm. The proper practice is to keep the affected part in such a moderately cool state as is comfortable to the patient's feelings without being so great as to check the insensible perspiration. By this means we repress inflammation, allay pain and do not increase the subsequent debility of the joint.

Sydenham long ago pronounced a fluid, diluting diet, the proper one in a fit of the gout, and such a diet is still recommended by the best informed of the profession. Under very acute symptoms, the nourishment must be wholly fluid, unstimulating, and rather small in quantity, until the severity of the inflammation, etc. has been subdued, and the patient is beginning to recover. The best food for the patient in this stage is bread and milk, light bread puddings, mutton or chicken broth, gruel, barley-water and rennet-whey. Roasted apples, grapes and oranges, are likewise generally admissible; and when the patient begins to recover, an egg may be added to the above, and sometimes a little bit of chicken or roast mutton for dinner. It should be particularly noticed, that even a small excess or impropriety in diet during a gouty paroxysm, always materially aggravates and prolongs the attendant sufferings, and sometimes gives rise to severe erysipelas, either in conjunction with the disease or as an immediate sequel to it.

It may be safely assumed as a general rule, which is rarely liable to exceptions, that when the patient is strong and full of blood, and the inflammatory symptoms run high, a spare diet, wholly fluid, is highly necessary. When, on the other hand, he has lived freely; when he has long been subject to attacks of gout; especially when these have shewn a tendency to become irregular; when the system has fallen into a state of debility, and the inflammatory symptoms do not run high, the diet ought not to be so low, although great caution is still necessary in taking care to increase a little its nourishing qualities without rendering it stimulating. Therefore, in the case of a debilitated stomach, with weak constitutional powers, accompanied with extreme languor and depression, a small quantity of animal food, daily, may be added to the articles above specified. In such instances, if a little

wine does not injure, it should be mixed with sago, gruel or panada, instead of giving it pure or diluted with water.

Ripe oranges and grapes are usually admissible during the fit, but acidulated drinks do not generally agree at that period and acid matter must be always avoided, in every shape, during the operation of the calomel purgative pill.

The patient should take a little *lithia water* or *potash water*, once or twice a day. They lessen the red deposit in the urine, relieve fever, diminish the frequency of the attacks, and improve the quality of the blood. They are also useful in *chronic* gout, and may be obtained pure from Messrs. Blake and Co., 47, Piccadilly, London.

In a severe fit of the gout, and during the height of it, the patient is of necessity confined to his bed in a helpless state, and then the affected limb must be carefully placed on small pillows, in the most easy position; but except under such extreme circumstances, the patient ought not to indulge in bed beyond what is unavoidable. When able, he should every morning leave the bed for the couch or the chair, having his legs raised and supported in the most easy position; and, in proportion as pain and inflammation abate, should gradually employ such further exertion as relieves rather than produces irritation. Subsequent stiffness and debility of the limbs are invariably to be counteracted, in a great degree, by moderate and early efforts of exercise, carefully attempted.

When the patient is convalescents he must, notwithstanding, continue the use of the proper operative and aperient medicine for some time, indeed, until all the secretions assume healthy characters. Therefore, in a state of convalescence from a fit of the gout, discontinue colchicum altogether, and take one of Plummer's pills No. 117, page 203 or one of the pills No. 98 or 99, every second or third night, with half a pint of compound decoction of sarsaparilla, in divided doses, through the day; the bowels being carefully regulated by the occasional use of a mild aperient pill, as No. 100 or 101A; 101 or 101C pages 193-95; or by the use of a seidlitz powder or one of the powders No. 130A, page 209. Sometimes the pill composed of calomel, James's powder and extract of colocynth, mentioned at page 595-96, will answer still

better as an aperient; it is certainly a useful form, and will be of much service to many gouty individuals. The proper object at this period, in the employment of opening medicine, is gently to clear the bowels, and excite healthy secretions from them, without inducing a direct purgative effect.

It is a common practice, in the state of convalescence, to recommend a stomachic and strengthening medicine to be taken during the day, and either a vegetable bitter or some preparation of steel, is usually selected by medical men. It will generally be best to commence with a bitter infusion combined with an alkali, and from that to proceed to the use of some preparation of steel. If, therefore, the sarsaparilla above referred to, be not taken, the mixture No. 83, page 184, may be resorted to or the following, which sometimes agrees remarkably well.

Take of Compound decoction of aloes	2 ounces;
Compound infusion of gentian	3 ounces;
Camphor mixture	6 drachms;
Compound spirit of ammonia	2 drachms.
Mix, and take two or three table-spoonfuls twice a day.	

After the pain and inflammation have subsided, some physicians recommend small doses, what they call alterative doses of colchicum, to be taken thrice a day; but this is very bad practice. Colchicum, in combination with aperients, should be taken *only during* pain and inflammation. When they have been relieved, never take colchicum; and never take it in the intervals.

As a separate mineral tonic, the tincture of muriated iron or the tincture of ammoniated iron, are eligible forms. Twenty drops of the former or thirty of the latter, may be taken twice or thrice daily, in an ounce and a half of infusion of columba or cascarilla. The pills No. 102, page 196, are also very proper.

The diet during the state of convalescence, should consist of a moderate quantity of the most digestible animal food, once a day, with eggs, bread and vegetables; and change of air and scene, with suitable exercise, will always be very serviceable.

The limbs and especially the affected parts, should now be regularly sponged with cold salt and water, every morning; and after the skin has been wiped quite dry, they should be well rubbed with the band or flesh brush, till a comfortable glow in the parts is produced. This practice, if persevered in, will generally be very effectual in removing debility and stiffness of the joints. Should any particular feebleness exist, in addition to the morning sponging, a stimulating liniment as No. 40, page 161 or the following, may be freely rubbed over the joints, twice a day.

Take of Compound camphor liniment, and
compound soap liniment, of each 1½ ounce;
Tincture of Spanish fly 3 drachms.
Mix for a liniment.

If the lower limbs are affected with swelling, the use of a calico or flannel roller will be found useful.

During the intervals, strict attention should be given to observe a suitable and moderate diet, active exercise in a salubrious air, and early rising, united with a proper use of aperient, alterative, and stomachic medicine.¹

A PROPER DIET AND REGIMEN HAVE LONG BEEN REGARDED, AS AMONG THE MOST ESSENTIAL PARTS OF THE TREATMENT OF GOUT as well in the intervals as during the fit; indeed, they are of such pre-eminent utility, that they will alone often display a remarkable power in bettering the condition of the patient, and sometimes even nearly approach to a curative effect, yea to an effect perfectly curative,

1. "Amongst the remarks, (says the illustrious Sydenham) I proceed to communicate, on the cure of *Gout*, this is primarily and chiefly to be attended to namely, that all *stomachic* or *digestive* remedies, whether they consist of a course of medicines; regimen or exercise, are not to be entered upon in a heedless manner, but to be persisted in daily with great exactness. For since the cause in this and most other chronic distempers, is become habitual, and in a manner changed into, a second nature, it cannot reasonably be imagined, that the cure can be accomplished by means of some slight and momentary change made in the blood and juices by any kind of medicine or regimen, but the whole constitution is to be altered and the body to be in a manner formed anew."—*Bydenham's Works by Swan*. p. 486.

while without them, no other means will be attended with any great or lasting benefit. If the patient be of a full habit, especially if young, and not long afflicted with the disease, his diet should constantly be very mild, and rather small in quantity, consisting chiefly of vegetable food; but if he has been long harassed by the disease, and is deficient in strength, his diet, although mild, and moderate in quantity, ought to be nourishing, and should therefore, consist of a suitable proportion of animal and vegetable food, to which, in some cases, may be added a glass of Marsala, Sherry or Madeira wine daily, diluted with water. Ardent spirits are altogether inadmissible in every case, and the strong and plethoric should avoid wine.¹ Ale and all the stronger malt liquors must also be forsaken. "In inflammatory gout, above everything malt liquors should be given up; I have known two or three patients. make marvellous recoveries by this simple expedient alone". —*Dr. Budd.*

In the intervals, the condition of the stomach and bowels should claim constant and especial attention, as it is of the utmost consequence that they should be preserved free from any accumulation or irregularity in their action. A principal point is, to keep the bowels clear, and if this cannot be done without medicine, a little of the aperient mixture No. 74, page 176 or the powder, No. 130A, page 209, taken occasionally in the morning or one or two of the pills No. 100 or 101, pages 193-94, at night, will be found useful. If at any time, the secretions are unhealthy, the means pointed out in the commencement of this article, as proper to be resorted to when the patient is threatened with a fit, should be used and persevered in till they become healthy. The compound decoction of sarsaparilla is a good medicine here in numerous instances. Sir Halford's *Gout Cordial* is useful as a stomachic to gouty people.

Take of Tincture of rhubarb 1½ ounce;

1. I think there are very few cases, even among those where debility is present, in which a total abstinence from wine will not be advisable and useful. Sir Wm. Temple's remark well expresses my opinion.—"I have known so great cures, and so many, done by obstinate resolutions of drinking no wine at all, that I put more weight upon the part of temperance, than any other".

Compound infusion of gentian 4½ ounces;
 Bi-carbonate of potash 1 drachm.
 Mix. Take a fourth part every day at noon, for a fortnight;
 then discontinue it for the same period, and then resume it.

The above observations I believe to present the reader with a correct view of the proper treatment of *acute* gout, and it now remains for me to speak of that which is applicable to *chronic* gout; but before I proceed to this subject, it will be proper to notice a few of those medicines which are at this time so highly extolled by some persons as valuable remedies in this disease, particularly *colchicum*, *eau medicinale*, *Wilson's tincture*, and *Reynolds's specific*.

There is no doubt that *colchicum* possesses specific powers in relieving the pain of this disease, and that, under judicious management, it becomes a remedy of some value; but if used frequently and in large doses, as a principal means of removing the malady it can never fail of proving highly and permanently injurious. Its good and bad effects may be stated in a few words. When it is used in small doses, occasionally repeated, in conjunction with suitable purgatives and alteratives, it frequently materially assists the full and efficient operation of those medicines, and is certainly of great service in relieving the pain of the disease, without being followed by any subsequent injury. But if, on the other hand, it be employed in considerable doses, freely repeated, as a chief means of cure, the practice is as destructive in effect as it is bad in principle; for although in first using it the patient finds its operation to be most pleasing and soothing, yet, in this way of employing it, it soon grows less and less effectual in relieving the fits, while, from its injurious influence on the stomach and nerves, it engenders so great a degree of debility in them, as leads to a more speedy return of subsequent paroxysms, which also become of a more severe and intractable character. Thus the unhappy victim of an apparently valuable but delusive remedy, finds, often when too late, that he has been trusting to that which, in giving him present relief, has robbed him of future comfort, by entailing on him excessive and permanent debility of the stomach, nerves, and

general system, and by inducing a state of chronic gout from which he is scarcely ever free. This is a true statement of the ordinary and inevitable consequences of an injudicious use of colchicum; and I, therefore, earnestly recommend the gouty patient never to employ that article, except in small doses, as an auxiliary to purgative medicine. Woe be to the man when

*"Pain compels his impatient soul to seize
On promised hope of instantaneous ease"—*

and he flies to a large dose of colchicum as his remedy.

Eau medicinale, *Wilson's tincture*, and *Reynolds's specific* are, undoubtedly preparations of colchicum. The man who uses either of these "*specifics*" freely will repent it, perhaps as long as he lives.

The Bath waters are by no means so useful to gouty persons as many individuals suppose. They are not beneficial in the fit, nor during the intervals, when any inflammatory disposition exists; and when gout is, as it is expressed, flying about a patient's constitution, they are highly dangerous. This is the opinion of the late Dr. Parry, an eminent physician at Bath. and also Sir George Gibbs, who lately resided there. These waters are, however, sometimes very serviceable in removing the indigestion, and general debility, left after a fit of this disease, but the Cheltenham or Leamington waters are a still better, and a more certain remedy.

CHRONIC GOUT, see page 594. The principal indications of treatment in *chronic* gout, are to lessen irritation in the stomach and intestines, and restore the healthy secretions of the system; to strengthen the constitution at large, and to apply mild applications. of a soothing, cooling quality, to the affected joints.

The best means of nourishing the blood, and imparting increased strength to the system generally, is by perseverance in the proper use of alterative, and strengthening medicine, combined with a mild; moderate, and nutritious diet, a correct regimen, and

daily active exercise in an open salubrious air; with which the occasional use of alkaline medicine should be united. The due regulation of the bowels is of the first consequence but from the local as well as general debility present, purgatives must be avoided. If the bowels can be regulated by diet and exercise so much the better, but if not, mild aperients, chiefly of a warm, aromatic quality should be resorted to, once, twice or thrice a week or as occasion requires. For occasional use, the mixture No. 74 or 74A, page 176, will be proper, and sometimes prove particularly beneficial; but for ordinary use, a warm laxative pill, as No. 100, 101 or 101A or 101C, pages 193-95 is preferable. Generally speaking, calomel should not make any part of the aperient administered, unless the secretions are in a vitiated condition, as evidenced by the unhealthy appearance of the stools, urine and tongue, when small doses of calomel, given every second or third night, either with the aperient ingredient, as in No. 97 or separately, as in No. 98 or 99 will be of great service. The Seidlitz powders and the powder No. 130A, page 209 are often useful aperients for the gouty. It must be particularly noticed, that the proper object in the employment of aperients in this form of gout is to keep the bowels clear without irritating them or weakening the general system; and that, in resorting to mercurial alteratives, care should be exercised not to allow it sensibly to affect the constitution by its specific operation, as whenever it affects the mouth or renders the pulse quick and hard, its injurious effects are certain. The alterative pill No. 98 or 99, page 191, taken twice or thrice a week regularly, is frequently very beneficial, and sometimes six ounces of the compound decoction of sarsaparilla or a little of the compound extract, may be advantageously taken twice a day, at the same time.

As tonics, the alkaline solution (page 2) or carbonate of potash, with infusion of cascarilla, gentian, and columba, and *lithia* or *potash water*, preparations of steel, merit the most confidence. Alkalies have always been favourite medicines with physicians in the treatment of chronic gout. The patient should take half a tea-spoonful of the alkaline solution, twice a day, in water, infusion of cascarilla or decoction of sarsaparilla. In its continuance, it almost always favours the natural action of the bowels,—a circumstance

of no small moment to the gouty. The tonic draught, No. 35, page 158 or the mixture of compound decoction of aloes, etc., given at page 610 or the pill No. 102 or 103, will sometimes agree very well.

In most cases, the warm bath is a useful auxiliary, and the Buxton waters are worthy of still greater confidence. The purging waters of Cheltenham, Leamington or Harrowgate, are frequently of the highest value, and where they agree; will frequently have a greater effect in giving tone to the stomach, and strength to the whole frame, than any kind of tonic.

The local treatment of chronic gout is similar to flat recommended for the acute form, at page 594. The lotion of spirit of wine and camphor mixture, prescribed at page 598, should be applied whenever there is any tenderness or inflammation in the parts affected or if there be much pain, the belladonna ointment. No leeches, blisters or fomentations should be tried. When the inflammatory symptoms of the joints have been removed by the above lotion, the system of sponging the joints and lower extremities with cold or lukewarm salt water in the morning, and active friction afterwards, twice in the day, with a stimulating liniment, as No. 39 or 45, will be found highly useful.

The Bath and Burton waters are a valuable local as well as general remedy in chronic gout. I think very highly of the efficacy of the Buxton water, particularly in aggravated cases; it is in the highest degree soothing and invigorating.

To relieve the pains of the chronic form of the present disease, the milder form of anodynes should be given, such as Dover's powder in small doses, in conjunction with the saline effervescing draught or with the draught No. 24, page 153, the extract of garden lettuce, (*lactucarium*), Battley's sedative liquor of opium or the muriate of morphia. Four grains of Dover's powder may be taken at bed-time or three grains twice or thrice a day, in conjunction with the saline draught, which augments its good effects. Or five grains of the extract of garden lettuce may be taken when the pain calls for it. A quarter of a grain of the muriate of morphia is likewise a valuable anodyne in these cases and so is the powder No. 124A, page 206.

But the patient ought not to place too great a dependence on medicine, since a proper diet and regimen, sufficient active exercise, and change of air and scene, will sometimes be of more service than all the drugs of the apothecary, and are invariably of considerable use. The diet should consist of mild nourishing food, of a moderate quantity, and chiefly solid food, with a small quantity of *lithia* water daily; his hours of rising and retiring to rest, should be early, and habitually observed; all anxiety of mind, and severe studious habits, must be avoided; and he should be as much in the open air as possible. The advice given on these points under *Indigestion* will be applicable here. Temperance and exercise judiciously resorted to, and persevered in, have often wrought great and salutary changes in the gouty man's constitution.¹

The Cold Water System is of great service in gout, but will not work those wonders which some assert. It is chiefly useful in persons of good constitutions, and operates beneficially by freeing the secretions and improving the general health.—*See Appendix* p. 965.

FRICTION, as a mode of exercise, and means of invigorating both locally and generally, is of the highest value, and is particularly worthy of attention in this complaint, because the patient is so frequently rendered incapable, for a long period, of resorting to the usual modes of exercise with much advantage. Under such circumstances, friction may be employed as an agreeable and certain means of restoring energy, at first to the limbs, and ultimately to the whole frame. It promotes the circulation and perspiration, resolves obstructions, reduces swellings, and thickenings, and when persisted in daily, has an amazing effect in

1. Sydenham, who is justly considered, by the physicians of this and every other civilized country, as one of the highest authorities in practical medicine, and who suffered severely from gout in his own person, says, "Exercise, unless it be used freely and daily, will do no service. A person may think this hard, who, besides age, inability to motion, and indolence, which is in a manner natural in this disease, is likewise tormented with pain; yet, if exercise be omitted, all the remedies which have been hitherto discovered will not at all avail".—*Sydenham's Works*, p. 497. For illustrations of the remarkable power of exercise in the cure of this disease, see the small work entitled, "*Best Methods of Improving Health and Prolonging Life*, etc."

strengthening weak parts. Dr. Cadogan has observed, that when a gouty patient is unable to walk or ride at all, he may, by degrees, be brought to do both, by means of friction. This I firmly believe. Dr. Stukeley, (a Fellow of the London College of Physicians), affirms that he could produce about five hundred cases of gout, in which friction had been resorted to with the most signal and permanent benefit. It is applicable to the state of convalescence both from acute and chronic gout, and should be used twice or thrice a day, for ten, fifteen or twenty minutes or more, at each time. If the patient is not able to do it himself, an active servant must be employed until he is able, which will soon occur. It may be performed with flannels, flannel gloves or a flesh brush. The latter is in general the best instrument. In resorting to this remedy, the limbs and parts principally affected by the disease should claim the chief attention, but it may be carried over every part of the body with great effect. Next to the limbs, the reason of the stomach and bowels ought to be attended to, as it is of very considerable service in promoting digestion and increasing the appetite.

When the gout suddenly quits the limbs, and fixes on some internal organ, as the stomach, bowels, lungs or head for example, it is called *retrocedent* gout. It is generally *spasmodic*, and if any indigestible food has been taken, an emetic No. 123, page 206, is the best remedy. If that fail, a glass of brandy will sometimes relieve the pain completely. Error in diet is the most frequent cause of gout attacking the stomach or head, and then an emetic and purge are most efficacious. The parts most commonly attacked in such cases are, the stomach and intestines, and the symptoms present are exquisite pain and spasm, and usually sickness. If the attack be purely spasmodic, the muscles of the belly are rigidly contracted, pressure affords relief, and the pulse is not much affected. In very delicate nervous subjects, the attack is spasmodic; in the corpulent or vigorous, it is generally inflammatory, especially when it has followed imprudent exposure to cold.

The treatment of retrocedent gout will, therefore, differ, according as the attack is spasmodic or inflammatory. If we have reason, from the above considerations, to consider it spasmodic,

give an emetic, and five or ten grains of calomel, which may be immediately followed by an injection, as No. 8, page 146, and when the stomach will retain a purgative medicine, by the draught, No. 28, page 156. Hot fomentation of the bowels may likewise be employed at the same time, and if speedy relief is not gained by these means, fifty or sixty drops of laudanum or a third of a grain of muriate of morphia, must be given in any warm drink, as brandy and water, etc. and repeated, if necessary, every half hour, till the pain abates.

If the attack occur in a person of a full vigorous habit, and there is reason to regard it as inflammatory, the usual means for checking inflammation must be resorted to with promptness and decision. If the emetic and purge do not relieve, sixteen or twenty ounces of blood must be taken from the arm; leeches may also be applied over the bowels; warm fomentations to the abdomen; and a mustard poultice be applied to the feet, in order to solicit back the gout to the extremities. After bleeding has been resorted to, a large blister should be immediately applied near the part affected.

When gout attacks the head, it is generally of an inflammatory nature, and will require cupping, blisters, purgatives, mustard poultices to the feet, etc.

GRAVEL AND STONE

The urine, in a state of health, is one of the most compound fluids of the animal system, consisting of various acids, alkalies, calcareous earth, and other materials; and it is, therefore, not surprising that, under the injurious, and often contrary, influence of the many deteriorating causes to which man is incessantly exposed, the natural affinity between these various elements should frequently be subverted and give rise to a deposition of one or other of them, thus producing the complaint called gravel.

The urinary sand or gravel deposited on the side or bottom of a receiving vessel is of two kinds, *red* and *white*; and it is of great importance to distinguish the one from the other, as they proceed from different causes, and require a different mode of treatment.

The *symptoms* of red gravel are well known. The shade of colour may vary from a reddish-brown or pink, to a perfect red. Here the urinary secretion is generally small in quantity, and high coloured, and the disease inflammatory the nearer the deposit approaches to a perfect *red*, the more severe in general are the symptoms.

The *pink* sediment usually indicates uncommon irritability in the system. The most perfect specimens of this kind of deposit are obtained from the urine of dropsical persons, those labouring under hectic fever, and those suffering from chronic disease of important internal organs, as the liver, bowels, etc.

White gravel is less common, but has long been observed to be attended by very distressing symptoms. They consist in great irritability of the system, and derangement of the digestive organs in general. There is often a sallow, haggard expression of countenance; and as the disease proceeds, symptoms somewhat analogous to those of diabetes begin to appear, such as great languor and depression of spirits, coldness of the legs, and other symptoms of extreme debility. The urine is invariably pale, and voided in greater quantity than usual; and after standing, for a greater or less time, always deposits a most copious precipitate of white impalpable powder. In all such cases, the urine is extremely prone to decomposition, and emits a most disgusting smell.

Those persons who habitually secrete urine that deposits a white sediment are generally pale and sallow; incapable of much bodily and mental exertion, and complain of lassitude and weariness.

In many persons there is an hereditary tendency to this complaint; general indolence or a sedentary life or an excessive indulgence in fermented liquors, and the luxuries of the table, become *predisposing causes* in others. But the chief cause seems to be a want of constitutional vigour, and especially in the digestive organs; and hence the periods of life in which this disease occurs most frequently are from infancy to the age of puberty, and in declining years; while it is rarely found during the busy and restless term of the prime of life. A cold and variable climate often becomes a cause, calculous complaints being seldom met with in warm climates; and the drinking of hard water often influences very

sensibly the state of the complaint. White gravel may often be very distinctly traced to an injury of the back.

The urine in a healthy state is always an acid secretion, and it is the excess of its acid (*the uric or lithic acid*) that holds the earthy salts in solution. If, from any cause, it be deprived of this excess, or, in other words, the secretion of its acid be unduly diminished, the earthy parts are no longer held in solution, and a tendency to form *white* sand or gravel immediately commences. If, on the contrary, the acid be in greater excess than usual, instead of in deficiency or the natural secretion of earth be deficient while the acid retains its usual measure, the acid itself has a tendency to form a deposit, and hence the modification of *red* sand or gravel, (which is pure *lithic acid*) that is so frequently found coating the bottom of chamber-utensils.

TREATMENT—*The red gravel* is by far the most frequent kind of deposit, and the most effectual remedies for it are the alkalies, and the alkaline carbonates, such as lime-water, Brandish's alkaline solution, the bi-carbonate of potash or soda, magnesia, and *lithia* or *potash* water. But to be really useful, as Dr. Prout¹ has very correctly remarked, they must be conjoined with alteratives and aperients; for it ought never to be forgotten, in the treatment of gravel and stone, that they owe their formation chiefly to a weakened and vitiated action of the digestive organs, which will invariably require this conjunction, in order to the accomplishment of a permanently beneficial effect.

Half a drachm of bi-carbonate of potash or soda, may be taken in infusion of casearilla or water, once or twice a day, with one of the alterative pills No. 99 or 98 page 191-93 or four grains of the compound calomel pill No. 117, page 203 or three grains of blue pill, every other night; the following draught being taken every morning or every other morning, as a gentle and suitable aperient :

1. Dr. Prout has written one of the most valuable books on *Disorders of the Urinary Organs* that has ever appeared in this country, and I have much pleasure in recommending it to the notice of my afflicted readers. *Brodie's Observations on Disorders of the Urinary Organs* are likewise valuable.

Take of Rochelle salts	2 drachms;
Carbonate of soda	1 scruple;
Water 3	table- spoonfuls

Mix, and after adding a table-spoonful of lemon juice or thirty grains of tartaric acid, let it be drank directly.

Instead of the carbonate of potash, half a tea-spoonful of the alkaline solution, page 2, may be taken twice a day; and as it is tonic, as well as antacid, it will often be found a valuable remedy in all red deposits from the urine. It is particularly useful when red gravel is connected with gout, and the two diseases show a disposition to alternate. *See* what is said of it at page 2.

If the deposition of *red* gravel is accompanied with diarrhoea, lime water will be an appropriate remedy.

Sir Everard Home and Mr. Brande have strongly recommended the use of magnesia in this species of gravel, and it is of considerable use. Mr. Brande has related a case which yielded to it, after the alkalies previously given had failed. It may be taken either alone, in doses of ten grains once or twice a day or combined with the carbonate of soda, in the proportion of six or eight grains of the former to ten grains of the latter, twice or thrice a day. Or ten grains of magnesia may be dissolved in a draught of soda water, which is an excellent way of administering it.

Alkalies should not usually be taken in the morning. The time when the urine is most acid, and alkalies principally required, is after dinner; they should be given three or four hours afterwards, for if sooner, they sometimes interfere with digestion. Often it is better for the patient to take his magnesia or alkali when he wakes accidentally in the middle of the night. In many cases only a single dose of magnesia at bed-time is required; but in others it will be found necessary in the middle of the day also.

Ten grains of the sesqui-carbonate of ammonia or twelve drops of the water of ammonia, in water, twice a day, is likewise a useful medicine, especially in cases where great languor or weakness and coldness of the stomach is present. It is a powerful corrector of acidity, and a most valuable cordial.

Care is necessary in apportioning the dose of alkali in each individual case. If too little alkali is given, red sand is still deposited, though in smaller quantity; if too much, the urine is rendered alkaline, and a white sediment may follow.

A very convenient and valuable mode of combining an alkali with an aperient, and gentle bitter tonic, is as follows : it is worthy of particular regard when weakness of the stomach, costiveness, and red gravel are combined.

Take of Carbonate of soda	10 grains;
Epsom salt	½ or 1 drachm;
Compound infusion of gentian	3 table- spoonfuls;
Compound tincture of cardamoms	a tea- spoonful.

Mix for a draught, to be taken once or twice a day, according to its action on the bowels, which should be gentle.

The bowels should be kept gently open by it, and, therefore, the Epsom salt may be either increased or diminished, according to circumstances.

The powder of bear's whortle-berry is both tonic and astringent, and has been well spoken of, for its virtues in gravel and stone, by physicians of high authority. It may be alternated with the alkalies; and where general debility exists or there is a discharge of pus-like matter from the bladder, denoting ulceration or a very faulty condition of its secreting vessels, it is at once an appropriate and excellent medicine. The dose is from a scruple to a drachm of the powder, twice or thrice a day; or a strong tea may be made by pouring hot water upon the leaves of the plant, to three table spoonfuls of which may be added ten grains of carbonate of soda or a tea-spoonful of Brandish's alkaline solution, and drank twice or thrice a day.

In *white* gravel the whortle-berry may be given with the nitric or muriatic acid.

A decoction of coltsfoot and wormwood, in equal proportions, is said to have wrought wonders in some calculous cases. I think think very highly of them. A tea-cupful of the above decoction may be taken twice a day.

The diet of persons troubled with *red* gravel should be moderate in quantity, and of a nutritious and wholesome quality, consisting principally of fresh animal food, and farinaceous vegetables. All acids, and acescent food, must be carefully avoided, and likewise heavy bread, fat and hard-boiled puddings, and soups. Red wine is altogether objectionable, but a small quantity of white wine should be allowed. Toast or barley-water should be the common beverage. Jelly or jam made of the common bramble-berry will be found useful, taken as an article of diet, spread on bread instead of butter. This appears to have been highly esteemed by Mr. Pott, a surgeon of great and deserved ability in the last century.

Constant active exercise is of the first importance in all gravelly disorders; and flannel should be constantly worn.¹ Sailors and other persons accustomed to constant and laborious exercise in the open air, are very rarely affected with these complaints. M. Magendie, a celebrated Parisian physician, has given a striking example of the advantages to be derived from exercise and abstinence, and the mischievous effects of luxury, in the case of a merchant of one of the Hanseatic towns. "In the year 1814, this gentleman", says he, "was possessed of a considerable fortune, lived in an appropriate style, and kept a very good table, of which he himself made no very sparing use. He was at this time troubled with the gravel. Some political measures unexpectedly took place, which caused him the loss of his whole fortune, and obliged him to take refuge in England, where he passed nearly a year in a state bordering upon extreme distress, which obliged him to submit to numberless

1. "But more, after all, is to be effected by attention to diet and mode of living, than by medicine"—"*Brodi on Disorders of the Urinary Organs*, p. 156. He adds, (p. 149) "Persons who lead a sedentary life, and who never take exercise so as to produce perspiration, are especially liable to the formation of red sand. It seems as if, during perspiration, something was carried off from the blood in the cutaneous vessels, which would otherwise cause the urine to be loaded with acid."

privations, but his gravel disappeared. By degrees he succeeded in re-establishing his affairs; he resumed his old habits, and the gravel very shortly began to return. A second reverse occasioned him once more the loss of all he had acquired. He went to France almost without the means of subsistence, when his diet being in proportion to his exhausted resources, the gravel again a second time vanished. Again his industry restored him to comfortable circumstances; again he indulged in the pleasures of the table, and had to pay the tax of his old complaint”.

In cases of *white sand* or *gravel*, an acid is the best medicine, and all the acids seem to answer the purpose, though the muriatic; nitric, and citric acids, have been in the greatest repute. The citric acid or lemon juice, is preferable for children, as being the pleasantest, and that which may be persevered in for a considerable time, it may be mixed with water in any proportion that is agreeable. The muriatic acid may be given in doses of from five to twenty drops, twice or thrice a day, in four table-spoonfuls of water; and the nitric acid in doses of from five to twelve drops, in the same proportion of fluid. Tonics also, as quinine, bitter infusions, and decoction of *pareira brava* (page 107), and steel are suitable and useful. All mercurial preparations are likely to be injurious.

The general diet should be nutritious, easy of digestion, and moderate in quantity, and, if they sit easy on the stomach, it should be intermixed with acids, salads, fruits and especially oranges and lemons. Malt liquor must be abstained from; and if the habit of the patient require that he should continue the use of wine, Champagne, Claret or Hock will be preferable to Madeira or Port. Water, saturated with carbonic acid, is the best common beverage in this kind of gravel, and attention being paid to diet and exercise, will sometimes be alone a sufficient remedy.

If pain attend the gravel, opium or extract of henbane should be occasionally administered, according to the urgency of that symptom. Thirty or forty drops of laudanum or from five to ten grains of the extract of henbane, may be given alone or in any draught which the patient may be taking, and repeated until the pain is relieved. Opium seems generally preferable in the *white*

gravel; and henbane in the *red*. In *white* gravel, the solution of acetate of morphia (Dr. Porter's formula) is particularly indicated as an anodyne, since the acid it contains is an appropriate and efficient remedy for the complaint, and, at the same time, counteracts the injurious effects likely to result from the frequent use of opium, when taken in any of its common forms. Dr. Prout has judiciously remarked, that there is in all severe urinary diseases more or less of such irritability in the system, as is immediately and permanently relieved by the use of anodynes, especially opium. In case of great pain and irritation about the urinary organs, an opiate injection will be proper, and often of much service or two or three grains of opium may be made into a pill and inserted within the rectum, as a suppository.

A Burgundy pitch or a galbanum plaster may be applied over the loins with advantage. If the symptoms are unusually severe, and connected with manifest injury of the bladder or kidneys, a seton or issue should be instituted in the back.

Sometimes there is a secretion of a ropy mucus from the internal membrane of the bladder accompanying white gravel, when the exhibition of the decoction of the root of the *pareira brava* is, in many instances, productive of excellent effects.

Whether the gravel be white or red, when a small stone passes from the kidneys into the bladder, there is generally a fit of pain and irritation; to relieve which, the warm bath or hot fomentations, together with forty or fifty drops of laudanum every three hours, will be the most proper and effectual remedies. The passing of a small stone from the kidneys to the bladder, is denoted by a fixed pain in the region of the affected kidney, with a numbness of the thigh on the same side. The pain is sometimes very acute, and accompanied with nausea and fainting, but the pulse is rarely accelerated. During the whole of the passage from the kidneys, the urine is usually high coloured, and frequently mixed with blood.

Before I conclude this article, it will be necessary to say a few words respecting stones or calculi in the bladder. They differ greatly in their composition, form, size, and colour; but by far the most frequent is the uric acid calculus; while the mulberry calculus is

productive of the greatest suffering. Their magnitude is generally in an inverse ratio to their number, the average size may be compared with that of the chesnut, walnut or small hen's egg. The largest stone met with in this country is that which was taken from the bladder of the late Sir David Ogilvie. It weighed forty-four ounces, and was of an oval shape, its long axis measuring sixteen inches, and the shorter fourteen.

The symptoms of a stone in the bladder are, a sort of itching along the urethra, particularly at the extremity of the glans, from which the patient often acquires a habit of pulling the prepuce, which becomes very much elongated; frequent propensities to make water, and go to stool; great pain in voiding the urine, and difficulty in retaining it; the stream of urine, being liable to stop suddenly, while flowing in a full current, although the bladder is not empty, so that the fluid is expelled by fits as it were; and the pain being greatest towards the end of, and just after the evacuation. There is a dull pain about the neck of the bladder, together with a sense of weight or pressure, at the lower part of the belly; and a large quantity of mucus is mixed with the urine, and sometimes the latter is tinged with blood, especially after exercise. But all these symptoms are so equivocal, and bear so great a resemblance to the effects of several other disorders, that they cannot be depended upon, and consequently, no well informed surgeon will venture to pronounce positively that there is a stone in the bladder, unless he can distinctly feel it with a sound.

The causes of calculi are the same as those which give rise to gravel. They are much more frequent in Norfolk than in any other county in England or than in the whole of Ireland or Scotland. It has been conjectured that women are less liable to the stone than men, but it is a question not yet completely settled. Infants and children to the age of twelve or fourteen, are particularly subject to it.

The treatment of stone is precisely the same as that of gravel, both in regard to medicines and diet; if the urine deposits a *red* sand, the alkalies, and other remedies just mentioned, must be taken; if *white* sand, the acids. There is this difference between gravel

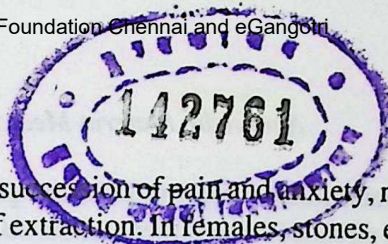
and stone, that, in the former, active exercise is highly advisable; whereas, during the presence of an actual stone in the bladder, the patient's exercise ought, for obvious reasons, to be less active and constant.

Dr. Morris of Canada, has lately found that an injection of castor oil has great effect in relieving the sufferings occasioned by a stone in the bladder, and, as the pain and irritation arising from this cause are often very great, I have much pleasure in recommending it to the notice of those who are labouring under so severe an affliction, hoping that they may find it of inestimable advantage. Different considerations had inclined Dr. Morris to the opinion, that the introduction of a lubricating fluid into the bladder would, under such circumstances, be productive of ease and advantage, and, being afflicted with the stone, he soon had an opportunity of trying the experiment on his own person.

"I first took care", says he "to rid myself of the contents of my bladder; this I had no sooner accomplished than, with a large syringe, I injected, through a small leaden tube reaching to the sphincter, about two ounces of cold-drawn castor oil, and I cannot express to you my feelings occasioned by the change which took place upon the moment of its introduction, for it seemed as a new lower half had been given me. The absence of former painful symptoms still continuing, I went to bed, and can safely say, that I had not known, for some time previous, the pleasure of a sound and uninterrupted sleep. Latterly, I never awoke without a wish to make water, and the morning following was the first exception to it. When I did obey the call, I first took care, finding that the oil came last, to leave as much within the bladder as I could. This I had little difficulty in effecting, as it does not dispose the bladder to contract as other fluids do".

After this, the bladder was constantly supplied with two or three ounces of castor oil, and under this treatment every symptom of irritation vanished, and during two months no one symptom reappeared to remind him of the existence of the calculous concretions.

When all the foregoing means of relief fail, and the general



health is worn out by a long succession of pain and anxiety, nothing remains but the operation of extraction. In females, stones, even of a large size, may frequently, perhaps generally, be extracted by dilating the urethra, by means of sponge tents, to a size sufficient to allow the calculus to pass, without the use of the knife at all.

The decoction of coltsfoot and wormwood, mentioned at page 616, should be made by gently boiling three or four ounces of each in two quarts of water down to a quart.

GREEN-SICKNESS OR RETENTION OF THE MENSES

Chlorosis or green-sickness, is a complaint which occurs chiefly in girls about the age of puberty, and is characterized by a pale blanced complexion, languor, listlessness, and depraved appetite and digestion; the several secretions being faulty or inert, especially at the commencement. It is called green-sickness from the pale, livid, and greenish cast of the skin, so commonly present in advanced cases.

The *symptoms* consist chiefly in a general sense of oppression, languor and indigestion. The languor extends over the whole system, and affects the mind as well as the body; and hence, while the appetite is feeble and capricious, and shows a desire for the most unaccountable and innutrient substances; as lime, chalk, etc., the mind is capricious and variable, often pleased with trifles, and incapable of fixing on any serious pursuit. The heat of the system is diffused irregularly, and is almost always below the point of health; there is, consequently, great general inactivity, and particularly in the small vessels, and extreme parts of the body. In advanced cases, the pulse is quick and low, the breathing attended with labour, the sleep disturbed, the face pale, the feet cold and swelled, the nostrils dry, the bowels irregularly confined, and the urine colourless. There is, also, sometimes an irritable and distressing cough; and the patient is thought to be on the verge of a decline; or perhaps to be running rapidly through its stages. Such severe instances of *Chlorosis* are not without danger. In general it is easily cured, but when swelling of the feet and legs, and other symptoms of dropsy are present, there is a proportionate degree of

danger attending the complaint, and great attention must be given to it. In advanced cases there exists such an impaired condition of the blood, such a remarkable deficiency of this vital fluid, as calls for watchful attention.

All the symptoms indicate it to be a disease of debility. The functions of digestion, assimilation, sanguification, nutrition and generation, are inadequately performed.

The *principal causes* are indigestion and constipation occurring at the age of puberty, poverty of the blood, combined with a want of energy in the organic nervous system, and in the excrement vessels of the womb, etc., which prevents them from fulfilling their office. Constitutional weakness and relaxation frequently dispose to green-sickness; and whatever enervates the general habit or the stomach in particular, such as indulgence in heated rooms and late hours, long residence in crowded cities, insufficient or innutritious diet and constipation, may be ranked among its causes.

TREATMENT—The great object of treatment is, to get the system into a state of good general health, and to improve the quality of the blood, by the use of tonics, alteratives, and aperients; in conjunction with horse exercise, change of air and scene, a moderate but very nutritious diet, and cheerful society. Perhaps one of the best plans which can be laid down is, to give the patient one of the pills No. 100 directly or 101A, commencing immediately after with the steel pills, according to the directions subjoined to the prescription below, a warm bath at ninety-four degrees, being interposed twice a week. One of the warm aperient pills No. 100, 101 or 101B, pages 193-94, may be taken occasionally, if necessary, so as to prevent constipation. The *aperient electuary*, No. 37, page 160, is often a valuable aperient in this disorder, especially when eruptions on the skin appear in its course. At the same time the patient should take daily exercise in the open air, particularly on horseback, resorting to change of air and scene as often as circumstances will permit, and making use of the most nutritive food of easy digestion, with a small quantity of good home-brewed beer or Bass or Allsopp's ale or should it agree well, one or two glasses of sound wine daily. The rules to be observed with respect

to diet and regimen, are fully detailed at pages 245-254, and under INDIGESTION; and active friction twice a day, with the flesh-brush or strong liniment of ammonia, over the region of the stomach and bowels, is highly advisable. Sometimes friction over the region of the loins with a strong liniment is useful. Friction is often of considerable service here, and as it is a remedy within the reach of every female, should never be disregarded. It should be performed by the patient herself, at least night and morning, for fifteen minutes at each time.

Take of Sulphate of iron 20grains;

Socotorine aloes..... 3grains;

Ipecacuanha, in powder 3grains;

Aromatic powder 6grains;

Extract of gentian 2scruples.

Mix, and with a little syrup, make the whole into a mass, to be divided into twenty pills. Two to be taken three times a day, after every meal.

Steel has a peculiar power of increasing the richness and redness of the blood, although by an operation not well understood, and therefore, it has always been found one of the most valuable tonics in green-sickness; and the sulphate, above ordered, may be gradually increased to thirty or thirty-five grains in the twenty pills. But if it does not suit or fails in producing the desired effect, the following form may be used :

Take of Steel pill with myrrh (both as ordered in the Pharmacopoeia) 2 drachms;

Aloes pill with myrrh 1 drachm;

Powder of capsicum..... 12 grains;

Oil of cloves a sufficient quantity to make a mass.

Divide it into forty pills, and take two pills twice or thrice a day.

A simpler form of pills is as follows, and one which in most instances will be found equal, if not superior, in their efficacy to any that can be prescribed.

Take of Sulphate of iron 11½ drachm;
 Socotorine aloes 1 scruple;
 Gum mastic 15 grains;
 Syrup, a sufficient quantity to make the mass into thirty pills.

The dose is one pill in the morning and afternoon, unless it purges too much; when they may be omitted for a day, and then resumed as before.¹

The Tunbridge water is a strong chalybeate, and very serviceable; so that Tunbridge Wells is among the best places to which chlorotic girls, in the higher ranks of society, can resort. If the stomach be weak, and irritable, the fresh-drawn water is apt to prove too cold, and to occasion nausea and sickness which inconvenience may be prevented by putting it into a bottle, which should be closely corked, and then immersed in hot water.—See pages 227-28.

Should the disorder commence with considerable swelling of the glands of the neck, small doses of *iodine*, (page 78), given thrice a day, with five grains of the myrrh and aloes pill every night, may be advantageously tried, if the foregoing means have not proved effectual; or the iodide of iron may be taken—two or three grains, twice a day, is the dose.

For the pain in the head and side, when severe, friction with eau de Cologne is one of the best remedies. No blood-letting must

1. The effect of iron upon the constitution of the blood is astonishing. The proportion of the solid constituents, and especially of the red globules, is rapidly increased;—the only exception is the fibrin, which appears to be somewhat diminished, and which may be consequent upon its conversion into the substance of the red globules. The blood of a chlorotic female of twenty years old was carefully examined, and the following results were obtained. The first column contains the result before she had taken iron, the second, after a course of chaly beats which continued about ten weeks.

Water	868.340.		807.080.
Solid Constituents.....	131.660.		192.290.
Fibrin	3.609.		1.950.
Fat	2.310.		2.470.
Albumen	78.200.		81.509.
Red Globules	38.060.		98.319.
Extractive Matter and Salts	8.921.		8.236

be attempted; it would be highly injurious. Ten drops of tincture of henbane in water may be given for the relief of palpitation.

Some physicians have employed cold bathing, but I decidedly prefer the tepid bath. Dr. Saunders used to say that, according to his observation, the cold bath is injurious in this complaint, but warm bathing often of essential service.

Electricity, in the form of sparks drawn from the lower belly or of slight shocks passed through it, may be resorted to in obstinate cases, and frequently with a prospect of advantage. In some cases, I should place much confidence also in Lavagna's injection, as described under *Suppression of the Menses*; and is the volatile tincture of guaiacum. From thirty drops to a tea-spoonful of this tincture may be administered in milk, three times a day. It is a valuable and appropriate stimulant and alterative.

Electricity is often of great use in those cases of this disorder, which are uncomplicated with a bloodless condition; but nothing can be more ridiculous than applying electricity or any other local stimulant, when in that state. In chlorotic retention, indeed, in the large majority of cases of menstrual retention, the complaint depends upon an anaemic or bloodless condition of the system, and the patient does not menstruate, simply because of existing debility, and that she has no blood to spare. After the general health has been improved by the use of iron, and small doses of Epsom salts, if the patient does not menstruate, then a few electrical shocks transmitted through the pelvis, seldom fail to effect a cure.

Now and then it happens, that symptoms of green-sickness appear in florid, full-bosomed girls, who have no mean share of general vigour, in which case the pulse is full and tense, and the pains in the head and loins very severe. The ordinary cause of this species, is catching cold in the feet at the period of the menstrual discharge; and the plethoric condition of the patient will bear and require *at the commencement* small bleedings by leeches, from the abdomen or loins, and cooling purgatives, as No. 7: 3, 74 or 74A, pages 176-177. The warm bath also should be steadily used, with a plain diet and regular exercise.

GUTTA SERENA

Gutta serena or amaurosis, is that diminution or total loss of sight, which immediately depends upon a diseased state of the optic nerve, and its expansion on the bottom of the eye. It is a blindness in which the pupil is generally dilated and immovable, but without any other apparent defect. When vision is completely destroyed, it is called *perfect gutta serena*, when only diminished, *imperfect*.

One of the most common *symptoms* of a beginning amaurosis, is an appearance, in the patient's fancy, as if gnats, flies or serpentine diminutive bodies were flying before his eyes; or there appears an immovable black speck; or all objects seem covered with a dense mist. Sometimes objects appear indistinct, but double; or the patient seems to see through a network or gauze; and occasionally object are seen in the beginning pretty distinctly, but appear of a different colour from the real ones. Frequently a defective, interrupted sight is present, a greater or less portion of objects being undistinguishable. The generality of patients who have a beginning imperfect amaurosis, can always see objects, laterally situated, better than those which are immediately before them; and a degree of squinting is a very common symptom, particularly when only one eye is affected.

This disease may attach both eyes at once or only one. It may take place quickly, so as to be complete in a few days or weeks or what is most frequently the case, may be produced gradually, several years elapsing before it attains its utmost degree. It may, likewise, be either permanent or temporary.

As the accompanying symptoms are liable to great variation, so are the *causes* to much obscurity. The principal causes appear to be, a diseased condition of the digestive organs; general or local debility of the nerves; an extraordinary fulness of the blood-vessels of the brain or of those of the optic nerve,—or other sources of compression; the suppression of habitual discharges; external injuries of the head; violent gusts of passion; immoderate salivations; a fixed attention to minute objects too long continued; sudden fright and the excessive use of tobacco.

According to Richter, the periodical gutta serena commonly depends upon irritation affecting the digestive organs, the stimulus of worms or irregularity in the menstrual discharge.

It is *distinguished* from cataract by the blackness and dilated state of the pupil, and by the absence of any other apparent defect.

TREATMENT—As in all other complaints, the treatment must be regulated, in a great measure, by the age, habits and condition of the patient, and by the nature of the causes which have given rise to the amaurosis. If it seem to arise from a preternatural fulness of the blood-vessels of the brain or eye, the quantity of blood must be diminished by bleeding from the arm or by the use of leeches. Twelve or sixteen ounces of blood may be taken from the arm, and afterwards ten or twelve leeches applied to the temples and neck; a dose of the aperient mixture No. 73, page 176, being given every other morning, and the alterative pill No. 99, page 192, every night. This plan is clearly not applicable to debilitated nervous patients, but to the plethoric and strong it is sometimes of much service. Richter, a celebrated German surgeon, informs us of a woman, who, on leaving off having children, lost her sight; but recovered it again by being only once bled in the foot. Schmucker, another German surgeon of reputation, relates, that by means of bleeding, and an emetic, he has often restored the eye-sight of soldiers, who had lost it by making forced marches, with heavy burdens. If this disease follow violent anger, the same treatment is indicated. A clergyman (unhappy man!) became completely blind, after being in a furious passion, but his eye-sight was restored the very next day, by means of an emetic, which was given him with a view of relieving some obvious marks of indigestion in the stomach.

In gutta serena, arising from the suppression of the menses, leeches should be applied to the external sexual parts, the feet be bathed once or twice a day in warm water, the emetic No. 29, page 156, being also administered, and afterwards Richter's resolvent pills, noticed on the other side (page 629); or the pills of steel and aloes at page 623, which appear to me still more valuable. If these means fail in re-establishing the discharge, great confidence may be placed in a stream of electricity, conducted from the loins across

the pelvis, in every direction, and thence repeatedly to the thighs and feet. This plan has frequently succeeded after a trial of several weeks.

In amaurosis from general nervous debility, excessive loss of blood, convulsions from want of food, and long continued intense study, especially by candle-light, the alimentary canal should be regulated by one of the aperient pills, No. 100, 101 or 101B, 101C or 101D, pages 193-94, given every other night, with tonic cordial medicines in the day, as cascarilla, columba or bark infusion, with tincture of the same, and carbonate of ammonia. See No. 79, 82 or 83, 84A, 84B, pages 184-85. At the same time, the vapour of the water of ammonia should be applied to the eyes, night and morning, by the patient's holding a cup, containing that liquid, sufficiently near the eyes to make them feel a smarting, occasioned by the very penetrating vapours with which they are enveloped. Every thing which has a tendency to weaken the nervous system must be sedulously avoided; the diet should be nourishing, and of easy digestion; and the exercise, in fair weather, should be constant, especially on horseback. Gold bathing may likewise be resorted to.

But it is highly probable, that the curable species of this disease commonly depends on some disease or irritation, existing in the stomach and bowels, which is occasionally complicated with general nervous debility, in which the eyes participate. Here the most efficient mode of treatment, is to exhibit mercurial alteratives, as the pill No. 98, page 191, every other night, with tonics and aperients during the day, the tonics being such as No. 102, 104, 106 or 115 or a course of sarsaparilla powder; the diet and regimen being the same as described under *Indigestion*. Mr. Travers is partial to a course of the blue pill, gentle saline purgatives, and bitter tonics, such as No. 74C or 130A, page 209, and No. 125. Mr. Lawrence (*Lectures in the Lancet*, vol. ii. p. 714, 1829-30), considers the antiphlogistic treatment in general the most proper, and consequently his chief remedies appear to be blood-letting, "and afterwards the use of mercury, so as to affect the system". He is an enemy to tonics and stimulants. I cannot think the disorder so frequently calls for the use of so much blood-letting or so active a

use of mercury, as he advocates; but believe that a slight affection of the gums, by the employment of mercury, as in the pill No. 99, is often of signal service.

Richter recommends a vomit of tartar emetic at the commencement, which is to be repeated to the third or fourth time, at intervals of a day or two, according to the state of the tongue, and the bitter taste in the mouth. After this, three of the following pills are to be given twice a day, for a month or six weeks.

Take of ammoniac bum, assafoetida gum,
 Castile soap, of each 1 drachm;
 Rhubarb, in powder 1½ drachms;
 Tartarised antimony 16 grains
 Syrup of buckthorn, a sufficient quantity to form the whole
 into a mass, to be divided into sixty pills.

After using these pills, as ordered, he prescribes that an ounce of bark, and half an ounce of valerian powder, should be divided into six equal parts, one of which is to be taken in the morning, and another in the evening, in any convenient vehicle, for at least five or six weeks. The patient's food ought to be nourishing, and of easy digestion, with a moderate quantity of white wine, and proper exercise should be taken in a salubrious air. For exciting the action of the nerves of the eye, the vapour of water of ammonia, already spoken of, is of the greatest service; these vapours may be employed directly after the emetic has operated, and should not be discontinued till long after the eyes have been cured. Frequent blisters may also be applied to the temples, and nape of the neck; and likewise friction on the eye-brow, with eau de Cologne or Hoffman's anodyne liquor; the irritation of the nerves of the nostrils by the sternutative powder of Mr. Ware; and electric sparks or streams.

If an unusual dryness of the internal membrane of the nose is perceived, it will be right to make use of a mercurial snuff. Mr. Ware's snuff, in which he sometimes placed much reliance, is composed of ten grains of turbith mineral, and a drachm of liquorice

powder or common sugar. A small pinch of this snuff, taken up the nose, generally occasions a very large discharge of mucus. Both Mr. Ware and Mr. Hey of Leeds, relate several cases of the present disease which were cured by electricity; and I am inclined to consider it as often a valuable remedy, and one which ought never to be left untried, unless there are circumstances in the case which contra-indicate its employment. It has been particularly useful in amaurosis originating from lightning; and, in general, the pupil has been dilated in the cases benefited by it.

But sometimes the pupil is contracted in gutta, serena, when the bi-chloride of mercury may often be resorted to with great advantage. It is especially indicated when an internal inflammation of the eye is the original cause of the disease. From thirty to fifty drops of the solution of oxymuriate of mercury, may be taken at breakfast and tea-blue, and should be continued uninterruptedly for many weeks. I have just left a patient afflicted with amaurosis in both eyes, who has used this medicine with excellent effect in subduing the excruciating pain in the eye-ball and forehead, under which she has laboured, and in strengthening the stomach and general habit. It is an appropriate medicine when the complaint is connected with syphilis.

A very short time since a Wesleyan-methodist minister, of the name of Stanley, was perfectly cured of amaurosis in both eyes, by the single use of a large blister applied down the spine. The blister was nine inches long and three broad, and reached from the nape of the neck downwards. He had some time before consulted several able oculists and surgeons to little or no purpose; and further relates, that a patient to whom he has since recommended the same means, has been completely cured by it.

It is said, that an infusion of Cayenne pepper has been successfully employed in the Liverpool Infirmary.

Take of Cayenne pepper, in powder	2 grains;
Hot water	2 drachms.

Macerate for an hour, and then strain for use. A drop or two is to be dropped into the eye, night and morning.

Many eminent surgeons consider the frequent smoking of tobacco to be a cause of blindness; they assert that its effects on boys and young men are terrible, and that it should be abandoned by all who wish for an heir.

INJURIES OF THE HEAD

Injuries of the head from blows, falls or other external violence, may be divided into the two states of *concussion* of the brain (commonly called stunning) and *compression*.

The *symptoms of severe concussion* are, total insensibility, the patient scarcely feeling any injury that may be inflicted upon him—loss of voluntary motion,—difficult breathing, but in general without the stertorous noise,—intermitting pulse, cold extremities,—contracted pupil; after a longer or shorter time, there is sickness,—the pulse and breathing become better, and though not regularly performed, are sufficient to maintain life, and to diffuse a little warmth over the extreme parts of the body,—the feeling of the patient is now so far restored, that he is sensible if his skin be pinched, but lies stupid and inattentive to slight external impressions. As the stupor goes off, inflammation very frequently arises.

If the injury to the head be such that a portion of bone is driven inwards or blood is poured out on the surface of the brain, symptoms often occur *denoting compression*; they are insensibility and loss of voluntary motion,—laborious breathing, with a stertorous noise,—slow laboring pulse, but not generally intermitting,—cold extremities,—pupil of the eye much dilated, but no sickness, at least till the compression is removed by the use of the proper instrument or other means. There is no return of feeling, so that the patient is insensible to pinching or other injuries inflicted, until the pressure is taken off from the brain.

TREATMENT—The best treatment at the commencement of a violent stunning, is to place the patient in a warm bed, to apply bladders of hot water over the region of the heart and stomach, and to employ gentle friction to the limbs. When he begins to recover,

a little warm slop may be given, but no brandy, wine or other stimulants, for all severe injuries of the head are liable to be followed by inflammation, and we should have our eye to this probable consequence for many days after the receipt of such an injury. It was formerly a common practice in cases of concussion to apply strong stimulants to the nose, and to administer them internally, but these are now abandoned by all good surgeons, for the reasons just given. The patient must be kept quiet, and have a black draught to empty the bowels. If, as he recovers sense and the power of motion, he grows irritable, and has pain in the head, and flushing of the face, and the patient is decidedly strong, we should anticipate inflammation, by taking a pint of blood from the arm, and giving some more purging physic; but if there is a delicacy of constitution or want of vigour, then it is best to wait before bleeding. Should active inflammation of the brain supervene, the means noticed under that head must be rigorously enforced.

In *compression*, it will sometimes be necessary to employ an instrument called a trephine, in order to raise the depressed portion of bone or to remove blood which may have been poured out and be pressing down the brain, which operation falls, of course, to the province of the surgeon; and a full consultation should always be had previous to resorting to it. It frequently happens, however, that a man will fracture his skull without any decided symptoms of compression taking place, at least immediately; men have walked to a public hospital after such accident. In this case, I am certain that the soundest practice is not to trephine, unless symptoms of compression of the brain should subsequently appear; for this is a very severe operation, and patients who have been trephined under these circumstances, without evident signs of compression existing, have generally died, while those upon whom no operation has been performed, have as frequently recovered. Much meddling makes great mischief here. By all means be patient, and give nature time to recover herself.

In *all wounds and lacerations of the scalp*, it is now the universal practice of well informed surgeons to free the torn piece from dirt or foreign bodies, and restore it as quickly, and as perfectly

as possible to its natural situation. No cutting away any part of the scalp is, at this time, ever advised; and it is very rarely that sewing is necessary, the application of slips of adhesive plaster being almost invariably sufficient to insure the union.

HEAD-ACHE

Head-ache is a very common complaint, and is of different kinds. The chief species are the sick head-ache, the nervous head-ache, the rheumatic or chronic head-ache, and the hemicrania or head-ache affecting only one side of the head.

The *bilious* or *sick head-ache* is by far the most frequent. It sometimes commences in the after part of the day, but more commonly in the morning, affecting only some particular part of the head, most frequently the forehead, and extending over one or both eyes. There is some degree of nausea or sickness usually connected with it; and the duration of the pain varies from two or three hours to twenty-four hours or longer. Its returns are very irregular; but those who use but little exercise, are inattentive to their diet, and are confined in their bowels, suffer most frequently and severely.

The *nervous head-ache* generally occurs in persons with a peculiar irritability of the nervous system. It is particularly apt to arise after any unusual exertion of mind or body or any sudden emotion of the mind, whether pleasing or painful; and is, I think, most frequent in the afternoon or evening, being always very much or entirely relieved by sleep.

The *rheumatic* or *chronic head-ache* is often connected with rheumatism, and frequently arises from the same causes. It is not unfrequently periodical, the pain is very acute, and motion of the head highly irksome.

Hemicrania is distinguished by its being confined to one side of the head. Its seat seems to be chiefly in the integuments of the head, and its principal symptoms are, tenderness on pressure, an obscure redness of the skin, and a suffusion of the eyes.

All these species of head-ache are closely connected, and are

apt to run into each other. The most *common cause* of head-ache is debility and an unhealthy condition of the digestive organs, especially of the stomach and bowels; constipation is a fruitful source of these pains. The other chief causes are local irritation, suddenly checked perspiration, exposure to cold and damp, weakness or irritability of the nervous system, and the suppression of some accustomed discharge. All debilitating causes may be considered as giving rise to these pains. Several of my patients have been afflicted with a violent rheumatic head-ache from suckling their children too long; it ceased immediately the child was weaned. One patient has been tormented with a violent hemicrania, apparently the effect of an attempt to dye the hair of her head, by the use of some nostrum sold for that purpose.

TREATMENT—Head-ache is most frequently found in persons who are delicate, and who make poor blood; a fact which clearly indicates that an invigorating blood-restoring treatment is usually called for. It is in general a symptom of indigestion or congested liver or a consequence of a confined state of the bowels. One of the most efficacious plans of treatment is to administer a mercurial alterative, No. 98A, page 192, every other night, with a bitter or metallic tonic in the day, as No. 102 or 106A, page 198; and to keep the bowels regular by the means advised under *Costiveness*. pages 485-495. Attention should at the same time be paid to diet, exercise, and regimen, as directed under INDIGESTION. The pills No. 102, page 196 or No. 104, I have known of the greatest use. Some will find the mixture No. 84A or No. 85 page 185, more useful than the pills above described.

These are the means which are more or less applicable to all head-aches, as they are calculated to correct internal disorder of whatever kind, and to strengthen the general constitution. In many cases they will prove of immediate and striking utility; but they should never be dropped under three months, and in obstinate or long continued instances, will require a perseverance of double this time, in order to their full and permanent effect. When quick relief is sought, the temples may be bathed with eau de Cologne or with a mixture composed of equal parts of rose-water and spirit of

mindererus or a bandage dipped in the coldest water may be bound round the head and removed as soon as it becomes warm; or ten drops of water of ammonia, may be taken in water, strong coffee or any other agreeable vehicle. But one of the most effectual means of quickly relieving head-ache is a sitz or hip-bath. Let the sufferer sit in it for fifteen or twenty minutes, and rarely indeed will it fail to remove the pain.

If the habit be plethoric and gross, with a well-marked preternatural fulness in the blood-vessels of the head, a few leeches may be useful; but the principal dependence ought to be on the above treatment. I would warn my readers against the abstraction of blood, in any quantity, in the majority of cases of head-ache. It is only in very full strong habits that it is indicated in almost all other examples it will do harm, and if the person is nervous and irritable—of a very susceptible frame—it may do such injury that it will require months to repair. I very much disapprove of the ordinary practice of letting blood in cases of head-ache.¹

A similar plan will be advisable in *nervous* head-ache, with which should be combined horse-exercise and the cold bath or *cold water system*—avoiding fatigue. The assafoetida aperient pills will be most useful here; and the ammoniate of copper, as a tonic, is particularly indicated. If the pain be periodical, bark should be tried or the solution of arsenic, which Dr. Fowler of York, has found very beneficial. Four or five drops of this solution may be given twice or thrice a day.

1. The medical writings of the late Dr. Baillie, although he was a man of great reputation and of equal practice, are not at all remarkable either for sagacity or information, but the following remarks, in his *Posthumous Observations*, page 165, are valuable. He did not approve of blood-letting ordinarily in head-ache, and says, "In the accounts which patients have given me of the effect of this remedy, they have said that they have either received from it no benefit at all or that it has lasted but a few hours; or that the head-aches have been worse after cupping or the application of leeches". His neat remark is equally correct and valuable. "I have generally found such head-aches to be most benefited by temperate living, great attention to avoid improper diet, and purgative medicines, and by giving bitters. The best common medicine is rhubarb and soap, in such doses as to give two motions daily",—one is better.

In the *rheumatic* species, three or four grains of the compound powder of ipecacuanha taken two or three times daily, with the aperient pills above recommended, every other night, will be found of eminent services or thirty drops of the volatile tincture of guaiacum may be taken in milk twice a day, with the following pill at bed-time :

Take of Aloes pills, with myrrh 5 grains;
 True James's powder 4 grains;
 Syrup of buckthorn, a sufficient quantity to make the
 ingredients into two pills.
 To be taken nightly or every other night.

Sometimes the chronic head-ache is connected with a caries of some bone within the head, when the compound decoction of sarsaparilla or the compound extract in pills, should be taken with the pill No. 117, page 203. If such a head-ache follow syphilis or the free use of mercury, the compound decoction of sarsaparilla should be trusted to without the alterative pill; but the patient may take four grains of compound ipecacuanha powder at bed-time instead of that pill.

Chronic head-ache frequently arises from a syphilitic taint, when a peculiar treatment is absolutely necessary; then take iodide of potassium and diluted nitric acid No. 87 E.F., *Appendix*.

One of my plans for the cure of head-ache is this:—The patient should have not less than four hours exercise in the open air daily, two hours in the morning and two in the afternoon, and regulate the bowels by means of friction, and a regular solicitation of nature, depending chiefly on a very strict diet of bread, meat, gruel, biscuit, cocoa and tea. They should take one mutton chop or an equal quantity of roast meat, with a thick piece of bread, and a little potatoe or French bean, for dinner; an egg and one cupful of cocoa or tea or gruel, with one slice of bread and butter, for breakfast, and also at tea; and a small basin full of gruel at supper or a little bread and butter with wine and water. This is the whole quantity which is allowable; and no veal, pork, bacon, pastry, pudding or fruit can be permitted. Nothing is to be drank at dinner, but one

hour after, a tumbler full of barley water or home-brewed beer, may be tried. This plan has wrought unexpected changes for the better. Sometimes a glass and a half of good wine, with water, may be allowed after dinner instead of the beer or any other liquid.

But this plan will not succeed with many. They require, together with a good deal of exercise and pure air, a very generous diet of the most easily digested food, with home-brewed malt-liquor and wine, but all moderate in point of quantity. Two things with them are essential,—to nourish the blood, and to avoid everything in diet which is found by experience to disagree with the stomach. In such cases, take steel and ammonia or No. 74C or 84A, page 184, take animal food twice a day, avoid all slops, take a glass or two of wine at dinner and supper, and always let fatigue be avoided. With many persons fatigue alone will bring on violent head-ache, and then rest is essential to relief. If such persons will work themselves hard, they cannot avoid head-ache.

The *hemicrania* may be treated in the same way as the sick head-ache. In addition to the remedies already recommended for that species, the patient must here try five or ten grains of the extract of henbane or eight grains of carbonate of ammonia, twice or thrice daily, which are sometimes valuable medicines in head-ache.

The external use of opium is at times worthy of much regard, and therefore, the patient may rub in warm laudanum over that part of the head affected with pain or apply the following plaister to the shaved scalp :

Take of Powdered opium	2 scruples;
Camphor,	half a drachm;

Burgundy pitch and lead plaister, of each, an equal quantity,
and sufficient to form a plaister, to be spread on leather.

When this complaint appears as a sequel upon any suppressed evacuation or repelled eruption, the best means of obtaining relief will always be found in restoring the system to its former state, by the frequent employment of the warm bath, leeches, and stimulating poultices; and where this restoration cannot be effected, we must

furnish the best substitute we can by some temporary irritation or drain, by means of the tartar emetic ointment rubbed on the back or other parts of the body or by an issue. An issue or a seton will often prove of the greatest advantage in obstinate and severe head-aches. In the *Transactions of National Curiosities* is a case of ten years' duration, completely cured by the last application.

Ray, the botanist, relates a remarkable cure of Mr. Oldacre, who by snuffing up the juice of ground ivy was cured of an inveterate head-ache.

In many severe head-aches, I should place much confidence in electricity, in the form of aura or gentle sparks drawn from the head, in conjunction with the general remedies advised at the commencement of this article. The use of a strong snuff is likewise often of material service, by promoting a discharge from the vessels of the nose and head. In very obstinate cases, a snuff composed of turbith mineral mixed with a little sugar, should always be tried—ten grains to a drachm of sugar.

In strong persons, who leave a great deal of blood flowing to the head, I have known the use of a wet night cap cure, the head-ache. The common night cap was dipped in cold water, wrung out, and then slept in till the morning, for two or three nights, in succession, if necessary. The *cold water system* is eminently efficacious in the cure of head-ache.

A palliative remedy of much service in most cases of head-ache is smelling to horse-radish fresh-scraped. It is applicable to almost every kind of this affection.

It is worthy of especial notice, that whatsoever remedy is resorted to in this complaint, the regulation of the bowels, and attention to diet and exercise, should never be neglected.

HEARTBURN

Heartburn is a burning or gnawing uneasiness at the pit or upper orifice of the stomach, mostly attended with offensive eructations and other symptoms of acidity, and frequently with nausea. Sometimes vomiting occurs, with anxiety and tendency to faint.

The upper orifice of the stomach, called *cardia*, is particularly sensible, and therefore liable to evince symptoms of irritation from the presence of acidity or other irritating causes in that organ, whence the present complaint is denominated, in technical language, *cardialgia*. But irritability of the whole or any other part of the stomach, and perhaps of the adjoining organs, as the first intestines, pancreas, and liver, will often produce the same local pain. In a few instances, it has been ascertained after death to have been occasioned by some positive disease of the lower orifice of the stomach.

The most frequent cause of heartburn is the presence of acidity in the stomach, from too great, an indulgence in oily indigestible food or other articles of diet which disagree with the individual, and tend to weaken the stomach. Indeed, whatever debilitates this organ may be considered as a cause, and therefore it arises from a habitual and copious use of very cold or very hot beverages; indulgence in spirituous liquors; worms; violent purges; obstructed perspiration; and swallowing stones or kernels of fruit. Cheese eaten in excess has produced a heartburn that continued for three years. To so great a degree does the acrimony from acidity sometimes arise, that the contents of the stomach when rejected on a marble hearth, has been seen to produce an effervescence on it.

TREATMENT—One of the most powerful remedies for heartburn is the *alkaline solution* (page 2). Half a tea-spoonful should be taken twice a day in linseed tea, beer or milk and water. The alkalies have always been resorted to as the most efficient medicines in this complaint; and the alkaline solution exerts a decided superiority over many others, inasmuch as it at once neutralizes the offending acid exhilarates the spirits, and strengthens the stomach and whole constitution.

Another excellent medicine is Jephson's mixture No. 74C, 168—another is No. 84B, page 185, and a combination soap and ipecacuanha with rhubarb forms a fourth valuable remedy.

Take of Castile soap	3 drachms;
Ipecacuanha, in powder,	10 grains;

Extract of gentian, a sufficient quantity to form the ingredients into a mass.

To be divided into forty pills, two of which are to be taken twice a day.

Dr. Cullen of Edinburgh, was partial to the use of soap, and the following is another very useful form for its exhibition. It forms a bitter alterative and tonic, which is likely to prove in many instances of durable advantage.

Take of Castile soap 2 drachms;

Ipecacuanha, in powder 8 grains;

Extract of chamomile 1 drachm.

Mix, and divide into forty pills. Two to be taken twice a day.

Magnesia is a valuable medicine here, and so is the carbonate of ammonia. Ten grains of ether may be taken in a glassful of soda water or be united with the same quantity of columba powder, and repeated twice daily.

Sometimes, however, the mineral acids will check fermentation in the stomach more effectually, and be more permanently beneficial, than any alkali. Six or seven drops of diluted nitric or sulphuric acid should be taken, either in a large wine-glassful of water or infusion of cascarilla bark, and repeated three times in the twenty-four hours. If sickness attend heartburn, the nitric acid is often eminently serviceable.

But now and then acidity and heartburn will be incorrigible, either by alkalies or acids, even though the patient confines himself almost entirely to a diet of animal food alone. In such cases, ox-gall has been found completely successful; and is by some professional men considered to be infallible.

Take of Fresh ox-gall 30 grains;

Assafoetida gum 20 grains.

Mix and divide into twelve pills. Three to be taken thrice a day.

The diet should consist of articles least disposed to ferment, and most easy of digestion, as fresh animal food, eggs, biscuit, and bread; and for drink, good malt-liquor, weak brandy and water, lime-water or toast-water. Home-brewed malt liquor, well-hopped, is the best of all fermented liquors in this complaint. Friction over the region of the stomach will likewise be advisable, with the other resources in point of regimen and diet described under *INDIGESTION*.

In all cases of heartburn, the bowels should be kept regular by the use of the aperient pill No. 100, 101 or 101B or C, pages 194-95, if it cannot be done by diet and exercise. The present complaint is most commonly a symptom of Indigestion, and all the means noticed under that head are applicable here, a constant regard to the quantity and quality of the food, and to exercise in the open air, being in the majority of instances, absolutely necessary to a perfect cure.

HICCOUGH OR HICUP

Hiccough is a convulsive catch of the muscles of respiration, attended with a sonorous inspiration, and returning at short intervals.

Though the spasmodic action in this affection exists chiefly in the midriff, the principal seat of the disease is the stomach. Debility, from whatever cause arising, is the ordinary predisposing, and some accidental stimulus the exciting, cause; excess of food, and especially in a weak stomach, is often a sufficient stimulus; and hence the frequency of the complaint among infants. It is likewise produced by acidity, worms, external pressure on the stomach and eating too fast.

TREATMENT—This affection cures itself in ordinary cases; and if not, it usually yields to a simple antispasmodic, as a draught of cold water or thirty drops of spirit of hartshorn or sal volatile or ten drops of water of ammonia, in any agreeable vehicle. Holding the breath will frequently succeed. But where this does not prove sufficient, fifteen or twenty drops of laudanum may be given in a little mint water; and should the complaint show a disposition to a frequent return, the means recommended under *Indigestion*, for

strengthening the stomach and system in general, must be resorted to in the intervals. A warm bitter, as No. 104A or 106, page 197 or No. 130, page 208, with pure air, exercise, and cold bathing, will be found of great service in obstinate cases, the bowels being regulated by the occasional use of the aperient pill No. 100 or 101, page 194. The pill No. 104 is simple, but very efficacious, especially if the pill No. 99 be also taken every second night. In the hiccough attending asthma, and in some other instances, a little common or distilled vinegar is sometimes an effectual remedy.

One of the best medicines for this disorder in infants, is a little magnesia given in mint water, about once a day, for a week or two; or the magnesia may be combined with a small proportion of rhubarb. Six or eight drops of sal volatile, in water, is likewise a useful remedy for infants; or the pit of the stomach may be frequently rubbed with a little soap liniment.

All persons subject to frequent hiccough should be attentive to their diet, and the regulation of their bowels, and resort to the usual means for strengthening their digestive organs.

A French physician, (Laennec), of acknowledged judgment and high authority, recommends the magnet. He says, "By means of these plates I stopped, at once, an hiccup which had lasted three years. At the end of six months the patient having one morning neglected to put on the plates, the hiccup returned but was removed, upon their being replaced."¹

HOOPING COUGH

This is a convulsive cough, accompanied with a shrill hoop, and returning in fits that are frequently terminated by vomiting. The

1. Magnetism was too much cried up by some medical men and others in the last century, but it appears to be too much neglected at present. That it acts on the animal system is sufficiently proved by the fact of its giving rise not only to very obvious general effects, but even to local ones. After a certain time, it commonly produces an eruption of small pimples, which are sometimes so painful as to oblige us to interrupt the process for some days. This effect cannot be attributed to the action of the oxidized plates on the skin, as the eruption almost always takes place under the anterior one. See the remarks on this subject under CHRONIC RHEUMATISM.

Greeks called it the "wild or untameable cough", from its violence; and in the north of Europe, it is called chin-cough or kin-cough.

The disease comes on with a slight difficulty of breathing, thirst, quick pulse, hoarseness, cough and all the symptoms of a common cold. In the second or third week after the attack, it puts on its particular and characteristic symptoms: the expiratory motions, peculiar to coughing, are made with more rapidity and violence than usual; and after several of these expirations thus convulsively made, a sudden and full inspiration succeeds, in which, by the air rushing through the top of the windpipe with unusual velocity, a peculiar sound is caused, which has obtained the name of hoop. When this sonorous inspiration has happened, the convulsive coughing is again renewed, and continues in the same manner as before, till a quantity of mucus is thrown up from the lungs or the contents of the stomach are evacuated by vomiting, which generally terminates the fit; the patient is then most frequently enabled to return to the amusements he was employed in before its accession, and often expresses a desire for food; but when the attack has been severe, it is succeeded by much fatigue, hurried breathing, and general languor and debility. After a longer or shorter continuance of the disease, the paroxysms become less severe, and at length entirely cease. In some instances, it has, however, been protracted for several months, and even for a year.

Although the hooping cough often proves tedious, and is liable to return with violence on any fresh exposure to cold, when not entirely removed, it nevertheless is seldom fatal, except to very young children, who are always likely to suffer more from it than those of a more advanced age. The danger seems always to be in proportion to the youth of the patient, to the degree of fever and difficulty of breathing which accompany the disease, and to the state of debility which prevails.

Children are most commonly the subjects of this disease, and it appears to depend on a specific contagion, which affects them but once in their life. The disease being produced, the fits of coughing are often repeated without any evident cause; but, in many cases, the contagion may be considered as only giving the

predisposition, and the frequency of the fits may depend upon various exciting causes, such as too full a meal, the having taken food of difficult digestion, and irritation of the lungs by dust, smoke or disagreeable odours. Emotions of the mind may likewise act as an exciting cause.

Its immediate cause seems to be an irritation and inflammation (in the majority of instances moderate) of the windpipe, and its termination called *bronchia*. When death occurs, it seems owing to the supervision of *acute bronchitis*, that is, inflammation of the bronchia.

It is clearly *distinguished* from other coughs by the peculiar hoop; and it may very often be recognized before this sonorous inspiration occurs, by an evident swelling of all or most of the features.

TREATMENT—According to Dr. Cullen, (the celebrated medical professor at Edinburgh) the indications of treatment in hooping-cough are two-fold: viz. in the early stage of the disease, to moderate its violence, and to palliate urgent symptoms; and in the advanced period, to interrupt its course, and to oppose the spasmodic habit by antispasmodic remedies.

The disease will run a certain course, but we ought to endeavour to diminish its violence, to promote a healthy perspiration, and toward off inflammation in the chest. For this purpose few things are more useful than the pills No. 119A, page 204. If the child is under two years of age, half a pill or powder, will be sufficient. If that is not given, Sir William Watson's prescription may be tried; it is an excellent one:

Take of Tartarized antimony	1 grain;
Laudanum	20 drops;
Water l.	ounce.

Mix them, and give one or two tea-spoonfuls every evening, according to the age of the child—one for a child above two years, and two if above four years. To children under two years, let three grains of ipecacuanha be substituted in this mixture for the tartarized antimony.

Dr. Gooch used to say that his mother became famous as a village doctress by the help of this prescription. If the child is restless at night, few medicines are better than a quarter or half a grain of ipecacuanha powder, two of Dover's powder, and two of carbonate of soda in jelly, for children above three years old.

At the same time, rub the chest and spine with the embrocation No. 41, page 161; and the diet should consist of the mildest nourishment, such as milk, light puddings, baked fruit, barley water and eggs; and the rooms should be of the temperature of 60 degrees. In the summer, let the children go out daily; in the winter they are better in the house, and their bedroom should be kept at a temperature of 60 degrees. The preceding treatment will be sufficient in all ordinary cases.

In severe cases, one of the most dangerous attendants of hooping cough is an inflammation of the *bronchia*—*bronchitis*, and should the child have permanent difficulty of breathing between the fits, we may be almost certain of the existence of inflammation, when the use of leeches is necessary. Apply four or five leeches either to the temples or chest. Then give directly the mixture for bronchitis, No. 78B. This is an invaluable mixture in severe cases of hooping cough, and is far better than calomel. When the symptoms of difficult respiration are severe, threatening suffocation, leeches applied to the upper part of the throat, the top of the windpipe, are often of signal benefit. There is often serious affection of the brain in the worst cases of hooping cough, (denoted by severe pain in the head after each fit of coughing). and, therefore, leeches applied to the temples or behind the ears, are sometimes found of uncommon service.

An occasional emetic of ipecacuanha or antimonial wine is an excellent remedy in the beginning, and will generally supersede the necessity of blood-letting; it clears the stomach, relaxes the skin, moderates the fever, and tends to keep the bowels open. A tea-spoonful or two of either of these wines may be given every other morning, according to the age of the child.

In very acute examples, where the inflammation is great, if we do not bleed and administer the mixture, No. 78B, directly, the

inflammation cannot subsequently be so well controlled. We would therefore say, that in very severe attacks, *the grand indication in the beginning is, to subdue inflammation.*

In this disease, unless the child is under two years old, antimonial wine is preferred to ipecacuanha.

The pills for whooping cough No. 119A, are very valuable at all stages of the disease.

Should the paroxysms be violent, and the patient's friends object to the employment of leeches, or have applied them without much benefit, the tartar emetic ointment ought to be rubbed on the chest three times in the twenty-four hours, till an eruption appears, when it should be discontinued. It is made by rubbing together, in a mortar, a drachm of tartar emetic and an ounce of hog's lard; about the size of a common nut being rubbed on the chest at each application. Its effects are much superior to those arising from the use of blisters, and it is far more eligible in infants and young children. At the same time the vapour from a quantity of boiling water may be inhaled several times during the day, and the feet bathed in warm water in the evening.

The first or inflammatory stage possibly includes about the first two or three weeks, during which time anti-inflammatory measures, as we have already stated, should alone be employed. But in the second stage, when the disease begins to drop the symptoms of inflammation, and to assume more of a spasmodic or simply nervous character, antispasmodics, tonics, and alteratives ought to be tried, and will often succeed in curing the complaint, which, without them, would often run on to a great length, and by its continuance induce so much debility and disorder, both in the lungs and whole constitution, as to pave the way for consumption or some other fatal malady. The sulphate of zinc, extract of hemlock or bark, are, in my opinion, the best internal remedies at this period, and stimulating embrocations to the spine or the tartar emetic ointment to the chest, the most efficacious external applications.

In the second stage, half a grain of the sulphate of zinc, made into a pill with extract of hemlock, may be given to children of ten years old two or three times a day. Or, a grain or two of extract of

hemlock, and one of rhubarb powder, may be administered in the same way, to children of the same age. *See* No. 119A, page 204.

The extract of night-shade has been praised beyond any other remedy in the *second stage* of hooping cough by the skilful and discerning Dr. Golis, physician to the hospital for sick children at Vienna. He says, that during a period of eighteen years he has found it to be a most valuable remedy in this complaint. It is a powerful sedative and antispasmodic, and, under medical superintendence, worthy of attention in obstinate cases of this species of cough. The experienced French physician Laennec considered it very useful here, and superior to all other narcotics. Children of six years old may take it according to the following prescription, the dose of the extract being either diminished or increased for patients of a more tender or advanced age.

Take of good extract of night-shade	6 grains;
Acetated liquor of ammonia	1 ounce;
Spearmint or simple water	21 ounces;
Simple syrup	half a n ounce.

Mix. Dose, a table-spoonful three times a day.

The wine or tincture of meadow-saffron has been well spoken of by some physicians on the continent, but I am not partial to it. It is not half so efficacious as the mixture No. 78B, page 180 or an occasional emetic of ipecacuanha.

Dr. Cullen was wont to rely almost exclusively on bark, in the *second stage* of the complaint. As children are with great difficulty prevailed upon to take a moderate quantity of this medicine in powder, quinine (*see* page 129) will be found an excellent mode of administering it. From half a grain to three or four grains of quinine, made into a pill with extract of gentian, may be given twice or thrice a day. Quinine is particularly indicated when the paroxysms assume a periodical type.

Beside the above remedies, both the acetate of lead and prussic acid have been employed with success, and recommended by

respectable practitioners for the cure of chronic hooping-cough. They are very active remedies, and ought not to be used till other means have failed; when this is the case, the acetate of lead is the safer medicine.

Take of acetate of lead (plumbi super-acetas).	2 grains;
Opium	1 grain;
Extract of hemlock	10 grains.

Mix, and divide into eight pills. Dose for a child of ten years old, one pill three times a day.

At the same time that we give suitable medicine internally, some stimulating ointment or embrocation should be rubbed on the chest or spine, and I know none superior to the tartar emetic ointment or lotion. The ointment has already been described, and the lotion is as follows :

Take of tartarized antimony, one drachm. Dissolve it in two ounces of water, and add tincture of Spanish flies, one ounce. Mix for a lotion, a little of which is to be rubbed over the pit of the stomach, three or four times a day, till relief is obtained.

This was once a famous *nostrum*, called Struve's lotion for the looping-cough, and is often very efficacious. Roche's embrocation is made by mixing an ounce of oil of amber, with two ounces of olive oil, which is scented strongly with oil of cloves; a tea-spoonful or two may be rubbed on the chest or down the spine, frequently through the day, but it is not so effectual as the above lotion. Either No. 41, page 161 or No. 46, page 163, is an excellent stimulating embrocation for the purpose, and superior to Roche's.

Mr. Ward, of Manchester, speaks of several violent cases of this cough, cured by opiate friction alone, after many other things lead failed. The liniment, No. 39, page 161, may be employed.

In the latter periods, the diet should be nourishing, but mild and easy of digestion; and where it is practicable, change of air especially at the sea-coast, is of the first importance in severe cases. cold bathing or sponging is often of immediate and permanent advantage.

HYPOCHONDRIASIS OR LOW SPIRITS

Hypochondriasis, low spirits or vapours, is a certain state of the mind accompanied with indigestion, wherein tile greatest evils are apprehended upon the slightest grounds, and the worst consequences imagined from any unusual feeling even of the slightest kind; and in respect to such apprehensions and feelings, there is always the most obstinate belief and persuasion.

Ancient medical writers supposed this disease to be confined to those particular regions of the abdomen technically called *hypochondria*, which are situated on the right and left side of that cavity, whence comes the name of hypochondriasis. See the engraving of the different regions of the body in my book ON THE DISEASES OF FEMALES.

The *common corporeal symptoms* are, a troublesome flatulency in the stomach or bowels, acrid eructations, costiveness, a copious discharge of pale urine, spasmodic pains in the head and other parts of the body, giddiness, dimness of sight, palpitations, general sleeplessness, and often an utter inability of fixing the attention upon any subject of importance or engaging in any thing that demands vigour or courage. The mental feelings, and peculiar train of ideas that haunt the imagination and overwhelm the judgment; exhibit an infinite diversity, sometimes the hypochondriac is tormented with a visionary or exaggerated sense of pains or some concealed disease; a whimsical dislike of particular persons, places or things; a groundless apprehension of personal danger or poverty; a general listlessness and disgust; or an irksomeness and weariness of life; in other instances, the disease is strikingly accompanied with peevishness, and general malevolence;. they are soon tired with all things; discontented; disquieted; upon every light occasion or no occasion object; often tempted to make away with themselves; they cannot die, they will not live; they complain, weep, lament, and think they lead a most miserable life, never was any one so bad.

The whims that are sometimes seriously entertained under this complaint are of the most ludicrous description. A foreign writer

makes mention of a baker at Ferrara who thought himself a lump of butter, and durst not sit in the sun or comp near the fire, for fear of being melted. The wisest and best of mankind are as open to this affliction as the weakest. The excellent Pascal was at one time so hallucinated with hypochondriacism, as to believe that he was always on the verge of an abyss, into which he was in danger of falling; and under the influence of this terror, he would never sit down till a chair was placed on that side of him on which he thought he saw it, and thus proved the floor to be substantial. Rousseau was a perfect hypochondriac, and morally one of the worst description.

The *chief cause* may be a strong constitutional predisposition or the disease may be the consequence of a sedentary life of any kind, especially severe study protracted to a late hour in the night, and rarely relieved by social intercourse or exercise; a debauched and dissolute habit; great excess in eating and drinking; the immoderate use of mercury; violent purgatives; the suppression of some habitual discharge or long continued eruption. Our excellent poet, Cowper, who was deeply depressed by hypochondriacism for the greater part of his life, was thus afflicted after having had a cutaneous eruption repelled, to which he had been for some time subject.

Congestion or some peculiar affection (by whatever cause produced) of one or more of the important organs within the abdomen, is a frequent cause. M. Pinel, a French writer on this disease of considerable reputation, regards a displacement of the transverse arch of the colon¹ as a powerful and ready cause of hypochondriasis; and M. Esquirol, another distinguished French physician of the present day, has found it as frequently as M. Pinel. This displacement sometimes consists in an oblique, and sometimes in a perpendicular direction of the intestine; but no disease of the organization has been found in any instance, and hence the change of place seems to proceed from relaxation and debility alone.

1. The *colon* is one of the large intestines, next above the *rectum* or last gut. It is an organ of uncommon importance, as may be seen by referring to what we have said at pages 476-479.

TREATMENT—The principal objects of treatment are, to remove the indigestion, to strengthen the body, and to enliven the spirits; and one of the best plans with which I am acquainted, for the fulfilment of these intentions, is, constant exercise and change of place, with a warm bath about thrice a week, early hours, regular meals, and pleasant conversation; the bowels being at the same time carefully regulated by the mildest means (pages 489-90), and the stomach strengthened by some appropriate tonic medicine. The exercise should be very considerable daily, and of all common modes, that on horseback or in an open carriage, is the best, which should be combined, if possible, with constant change of air and scene. Indeed, travelling alone is a most powerful remedy in this disease, since it is often one of the most efficient means in removing indigestion, of strengthening the body, and exhilarating the spirits; and where the patient's circumstances will permit, it ought invariably to be one of the first measures resorted to, as it will undoubtedly be found one of the best. If displacement of the colon is a frequent cause of this malady, as I believe, adopting the views of Pinel and Esquirol, we have therein strong reasons for recommending travelling to the hypochondriac. At the same time, a warm bath at ninety-five or ninety-six degrees should be taken every other morning; the patient accustoming himself to early rising, and regular meals of nourishing and easily digested food. The bowels are almost always torpid in hypochondriacs, and will, therefore, require constant attention in selecting articles of diet which are of an opening quality, with the occasional employment of a warm pill. The aperient pills, No. 97, 100, 101 or 101A or C, pages 194-95, are very suitable, one or two of which may be taken thrice a week. The bitter and metallic tonics advised under *Indigestion*, are generally prescribed in this complaint, and all of them are sometimes of great service; but I question whether any other article is here of such eminent utility, as a tonic, as ipecacuanha. It at once invigorates the stomach, relaxes the skin, and favours the natural action of the bowels. It may be taken according to the following formula :

Take of Ipecacuanha, in powder	20 grains;
Castile soap	1 drachm;
Extract of chamomile	1 drachm.

Mix, and divide into forty pills. Take one or two twice or thrice a day.

Regular daily friction over the limbs and bowels with the flesh brush, is very advisable; and the general diet and regimen should be governed by the principles laid down for treating indigestion.

The sulphate of quinine, in doses of two or three grains, two or three times a day, may prove a useful tonic medicine in some instances. It is certainly the best way in which bark can be administered.

The waters of Tunbridge, and other chalybeate springs are proper; and the Harrowgate water has appeared to have been of eminent service in many cases.

Some physicians have recommended a free use of mercury, but it is a measure which, in my opinion, should never be resorted to in hypochondriasis, without a strict investigation into the causes which may have given rise to it in the particular instance to be treated, and a careful consideration of the present and past state of the health and strength; for should the patient's habit be weakly, and the complaint have been brought on by sedentary occupation, violent purgatives or other direct causes of debility, the active employment of mercurials will rarely fail to augment both the local and general relaxation, and to give strength to the disease. If, however, the patient possesses a good share of general vigour, and the low spirits seem to have arisen from a very confined state of the bowels or other source of internal congestion or from a repelled eruption, the cautious use of mercurial alteratives may some times prove of the greatest benefit. In such cases the pill No. 98 or 99, page 191 or No. 117 may be given every other night, in conjunction with the general plan above noticed.

For local pain in the head or stomach, the most efficacious means are blisters, applied to the neighbourhood of the part affected or friction with an anodyne liniment as No. 39, page 161; or five or

ten grains of extract of hemlock, with two grains of true James's powder, may be administered as occasion requires or a few drops of Battley's opiate drops.

In regard to the *moral management*, assiduous kindness and consoling conversation produce a deeper effect than they seem to do. The patient should rarely be opposed in the expression of his sentiments, and never with ridicule. A very grand object is to gain the patient's confidence, and in order to effect this, we must humour his foibles, and seem to fall in with his views. When he is dwelling upon some imaginary disease, it must be prescribed for, and should his anxiety pass in succession from one complaint to another, they ought all to be prescribed for in their turn, for there is seldom any other way of removing the groundless fears associated with hypochondriacism. To show the effect of judicious moral management in the present disorder, I have transcribed the following case, which is to be found in one of Dr. Cox's publications:

"Mr. aged forty, of a spare and melancholic temperament, remarkable for general and almost universal acquired knowledge, and always possessing singular equanimity, had injured his health by too close an attention to extensive mercantile concerns. At length he was observed to be very attentive to every feeling, of which he made minute descriptions to his family: this increasing, he became a prey to empiricism, read several ridiculous popular pamphlets, and was soon worked up to a belief that his body was the common receptacle of diseases : pills, potions, powders, auctions, lotions, and mercurial girdles, were employed and dismissed in succession. The metallic tractors for a time amused him, till it was proved to the patient, and to his friends who witnessed the experiments, that these expensive baubles possessed no more properties than a rusty nail. All the fears of the patient became at length concentrated in one, from the contemplation of, and conversation on which, no arguments could divert him, he believed all his sufferings arose from repelled itch; a formal consultation of medical men was, therefore, determined on, who having previously agreed on the propriety of humouring the patient, were unanimously of opinion that his conjecture was just. A medical plan was laid down some stimulating applications to different

parts of the body occasioned crops of eruptions from time to time, which were washed with some simple preparation. This farce continued a few weeks, and the patient at length was perfectly restored to health and reason."

HYSTERICIS

Hysterics consist in a convulsive struggling, alternately remitting and increasing, with a sense of a suffocating ball in the throat, drowsiness, copious discharge of pale urine. rumbling in the bowels and fickleness of temper.

The hysteric fit often takes place without any previous, warning, though generally there are some precursive signs, as yawning, stretching, dejection of spirits, anxiety of mind, sickness at the stomach, palpitation of the heart, and a sudden burst of tears without any assignable cause. The paroxysm soon succeeds, with a coldness and shivering over the whole body, and frequently with an acute pain on the left side, and a sense of distention, giving the idea of a ball or globe rolling about in the abdomen, and gradually advancing upwards till it gets into the stomach; thence removing to the throat, it occasions the sensation of an extraneous body lodged there, which is called *globus hystericus*. The disease having arrived at its height, the patient appears threatened with suffocation, she becomes faint, and is affected with stupor and insensibility; whilst, at the same time, the trunk of the body is twisted backward and forward, the limbs are variously agitated, and the fists are closed so firmly, that it is difficult, if not impossible, to open the fingers, wild and irregular actions follow, in alternate fits of laughter, crying, and screaming, incoherent expressions are uttered, and sometimes a most obstinate and distressing fit of hiccough takes place. The spasms at length abating, a quantity of wind is evacuated upwards, with frequent sighing and sobbing; and the patient, after appearing for some time quite spent, recovers the exercise of sense and motion, without any other feeling than a general soreness and a pain in the head. It is rarely that a hysteric fit has become dangerous; though it has, in a few instances, terminated in epilepsy or insanity.

Hysteric affections occur much more frequently in the unmarried than in the married, and most commonly between the age of puberty and that of thirty-five years and they make their attack oftener about the period of menstruation than at any other time. Women of a delicate habit, and whose nervous system is extremely sensitive, are those most subject to hysterics; and the habit which predisposes to their attacks is acquired by inactivity and a sedentary life, grief, anxiety of mind, late hours, dissipation, a suppression or obstruction of the menstrual flux, excessive evacuations and the constant use of an innutritious diet. They are readily excited in those who are subject to them by passions of the mind, and by every considerable emotion, especially when the erect of surprise; hence sudden joy, grief or fear, are very apt to occasion them. They have also been known to arise from irritation and sympathy.

They frequently assume the character of hip-joint or knee disease, great spinal irritation, peculiar uterine pain, and other complaints; so that even able practitioners have been mistaken, and attributed to real disease in the hip or knee or back, what was merely a hysterical affection.

Constipation, and severe disorder of the bowels, will sometimes give rise to very painful hysteric fits.

This complaint is easily *distinguished* from hypochondriasis by its convulsive struggling fits making their onset suddenly and violently; by its being accompanied with the sensation of a ball rising upwards in the throat; by the copious discharge of pale urine; and by its occurring at an early period of life. Hypochondriasis, on the contrary, is gradual in its accession, and tedious in its progress; it comes on about the middle age; the dejection of spirits is constant and very great; and there is no convulsive paroxysm.

Hysterics are sufficiently *distinguished* from epilepsy by the greater degree of insensibility during the paroxysms of the latter, by the profound sleep which follows it, and by the absence of laughing, crying, moaning and other symptoms above detailed.

TREATMENT—During the fit, it will be the safest practice to rouse the patient by applying burnt feathers, assafoetida or smelling

salts to the nose; by rubbing the temples with ammonia, and by putting the feet into warm water. In obstinate cases, cold water may be dashed over the limbs, and the laxative clyster No. 8, page 146, should be exhibited. A clyster of cold water alone has been effectual in putting an end to the fit.

Blood-letting is now never prescribed in hysterics.

In the intervals of the paroxysms, the object is to obviate costiveness and indigestion, and to strengthen the whole constitution; every remote or exciting cause being sedulously avoided. The use of mild aperients and tonics, with active exercise in the open air; regular meals of nourishing food, early rising, and cheerful company, are the principal means of invigorating the body and mind, and thus effecting a radical cure of hysterics. The warm aperient pill Nos. 100, 101 or 101A, B or C, pages 194-95, may be proper for occasional use; and the ammoniate of copper, sulphate or flowers of zinc, sulphate or carbonate of iron, guaiacum, quassia, and bark, are the most celebrated and valuable tonics. The bark may be taken as advised in No. 115, page 190; the preparations of copper and zinc may be administered as recommended under EPILEPSY, and the sulphate or carbonate of iron according to the forms given under INDIGESTION. The ammoniated tincture of guaiacum, in doses of thirty drops, twice or thrice a day, in milk and water, is sometimes an excellent medicine; it may be given in conjunction with the tincture of muriate of iron, if it does not succeeds alone.

Dr. Paris writes in favour of the virtues of quassia. "It has been observed", says he, "that in hysterical debility, to which the female sex is so prone, the quassia affords more vigour and relief to the system, than the Peruvian bark, especially when combined with a small proportion of sulphate of zinc".

Take of sulphate of zinc, four grains, gradually increased to six or eight; infusion of quassia, five and a half ounces; tincture of columba, half an ounce.—Mix, and take two table-spoonfuls three times a day.

The preparation of bark called the sulphate of quinine is a useful remedy. In hysterics returning periodically, it has not unfrequently

effected a cure after other tonics had failed. The cold bath is useful; and Vichy or other mineral waters may be drank with the prospect of great benefit.

When hysteric affections arise from a suppression or obstruction of the menses, these evacuations must be fully restored by adopting the means recommended under those particular heads.

Anodynes and antispasmodics, as opium, musk, castor and valerian, are often had recourse to in this complaint, but are, in, my opinion, of very doubtful advantage. Dr. Buchan remarks, that all the extraordinary cures he ever witnessed in hysteric cases were performed by means of tonic and corroborating medicines, which entirely agrees with my own experience. Mugwort has been useful. See EPILEPSY, pages 558-60.

The tincture of colchicum has completely succeeded in curing an obstinate case of hysterics; and from its acknowledged power of allaying pain and nervous irritation, I am disposed to consider it worthy of notice in some instances of this disorder; but it must be used with great caution. Used as a palliative to put an end to the actual fit, half a tea-spoonful may be given, in water, and repeated to the second time, if necessary; and when employed, in the intervals, with the view of obtaining a radical cure, ten drops may be given, twice a day, in any agreeable vehicle. In its power of affording present relief, it may sometimes be superior to assafoetida or any of the antispasmodics in common use. But it is a powerful medicine, and should not be continued for any length of time; in general, not longer than a week at one time.

Regular exercise on horseback, with variety of scene, and early rising, are particularly desirable. The diet should be nourishing, and such as is recommended in indigestion.

Cramp and local pain may be relieved by the means pointed out under hypochondriasis. Dry cupping is an excellent means of relieving pain. A full account of it is given in my TREATISE ON THE DISEASE OF FEMALES. In that publication will likewise be found some instructive cases of *hysterical hip* and *knee-joint affection*, and *hysterical spinal affection*, to which I beg to direct the serious attention of the reader, for they are full of interest and importance.

The late Dr. Good has correctly observed, that where the disease occurs in the bloom of life, and there is reason to apprehend the ordinary orgasm of this age to be in excess, the surest remedy is a happy marriage.

INCONTINENCE OF URINE

Incontinence of urine is a frequent or perpetual discharge of that fluid, with difficulty of retaining it.

This disease usually proceeds from relaxation or palsy of the sphincter muscle of the bladder, induced by debility, the abuse of spirituous liquors, excess in venery, etc. or it arises from a peculiar acrimony in the fluid itself; from a diseased state of the organ, injury done to the parts, either by accident, by the process of ulceration or by the performance of the operation of lithotomy; irritation produced by stones in the bladder or the pressure of the womb in a state of pregnancy.

TREATMENT—As the complaint commonly proceeds from debility, tonics, and stimulants are generally found to be the most efficacious remedies; such as bark, steel, turpentine, tincture of Spanish fly, capivi balsam, lime-water, and bear's whortle-berry. The following prescriptions are sometimes very serviceable, and should one fail, the patient can try another.

Take of Sulphate of zinc 1 drachm;

Common turpentine 3 drachms,

Rhubarb, in powder half a
drachm.

Mix, and make into sixty pills; one to be taken thrice a day.

Take of Tincture of Spanish fly 16, 20
or 30 drops;

Decoction of bear's whortle-berry, 4 table-spoonfuls.

Mix for a draught, to be taken three times a day.

Take of Balsam of capivi half an ounce;

Frankincense, in powder 2 drachms;

Mucilage of gum arabic	1½ ounce;
Simple syrup	half an ounce;
Cinnamon water	5 ounces.

Mix, and take three table-spoonfuls twice a day.

Should there be a discharge of white mucous fluid from the bladder, Mr. Cline recommended two drachms of common turpentine, and one drachm of best rhubarb powder, to be mixed together, and made into thirty-six pills, two or three of which are to be taken three times a day, with a wine-glassful of decoction of bear's whortle-berry. Should this fail, I advise a trial of the *pareira brava* or the buchu leaves.

At the same time that one of the above remedies are taken internally, cold water should be freely applied locally; and an occasional blister to the *sacrum* or broad bone at the bottom of the spine, is frequently of material service. Blisters applied to the *sacrum* of boys who are apt to wet their beds, have often completely cured them of this incontinence without the use of any other remedy.

Pressure is also of great service in many instances. A case of nine years' standing was cured in three days by passing a of bougie through the whole course of the urethra, and binding it tightly in that direction by means of adhesive plaster. In obstinate cases, electricity is worthy of a trial.

If these means are ineffectual, it will be advisable for the male patient to wear a *jugum*, and the female a *pessary*, which will mechanically prevent the urine being evacuated involuntarily. They are to be bought of any surgeons' instrument maker—Weiss, 62, Strand, is a clever maker of these instruments. Or males may wear a small bag of oiled silk, with a small piece of sponge placed in it as an absorbent; and females a large piece of soft sponge loosely attached externally.

When this complaint arises from the irritation of stones in the bladder, small doses of opium, taken in the decoction of whortle-berry,—diluting mucilaginous drinks, as solutions of gum arabic, linseed, and isinglass,-lime-water, and other alkalies, will be the most proper and useful remedies.

In pregnant women, the complaint may be relieved by the patient's confining herself as much as possible to an horizontal posture.¹

Incontinence of urine is now and then met with from laceration of the parts during a difficult labour, when the constitution is to be invigorated by tonics, and the usual surgical means should be employed, under the direction of a surgeon, for procuring a union of the divided parts. Even in this distressing case, much may often be done by careful attention, and perseverance on the part of the medical attendant. The bear's whortle-berry, buchu leaves, and the balsam of capivi, seem particularly worthy of regard in this variety of the complaint.

INDIGESTION OR DYSPEPSIA

Indigestion is a disorder of the stomach and first intestines, the most striking symptoms of which are, difficult digestion of the food, sense of oppression or uneasiness after eating, capricious and deficient appetite, and costiveness. It is essentially a debility of the stomach and smaller bowels, though the weakness, and disorder of function, frequently extends to the liver, pancreas, and other organs associated in the perfect digestion of the food.

A sense of distension or oppression after eating; acrid eructations; constipation and uneasiness of the bowels, sometimes looseness; furred tongue; impaired appetite and strength; flatulency; discoloured stools, they being either green, black or much too light; nausea; head-ache; sometimes bilious vomiting; palpitation of the heart; pain in the pit of the stomach, and towards the right side; sallowness of complexion; and depression of spirits, are the chief *symptoms* of this complaint. The whole of these *symptoms*, however, are not always present in indigestion, but under whatever form, and from whatever cause the disease occurs, there is a considerable degree of general languor and debility; exercise or exertion of any kind soon fatigues; the pulse is weak; the sleep disturbed; the limbs

1. Some further remarks and directions may be seen in my TREATISE ON THE DISEASES OF FEMALES.

are cold or rendered so on slight occasions; and a sense of distension and oppression, of acrid eructations, nausea, head-ache, constipation, pain in the pit of the stomach, and sallowness of complexion, are pretty constantly present.

Frequently there is a good deal of general feverish heat, flushing of the face, dryness in the mouth, weakness of the knees, and a dry scurfy state of the general surface of the body.

These symptoms are now very commonly called *bilious*, and when they assume a severe and obstinate character, are often referred to disease of the liver, and denominated a liver complaint; but, generally speaking, these are very incorrect names for the disorder, for though the biliary secretion is here often faulty in quality or deficient in quantity, it is, for the most part, a secondary and sympathetic affection, dependant upon the debility and disorder of the stomach and bowels, which are the primary and chief seat of the malady. Besides, indigestion may continue for a great length of time, and be of a very severe description, without any disorganization existing in the liver or any other of the digestive organs, and since an active use of mercury is, at the present time, so commonly considered as absolutely necessary to the recovery of the patient, indeed, as "the fit and only remedy", it is of considerable moment that these remarks should have close attention from the reader; for such an employment of mercurial preparations in dyspepsia, seldom fails to be attended with great and permanent injury. The real fact is, that indigestion is a frequent disorder, liver complaints comparatively rare.

For a peculiar inflammatory form of indigestion very often misunderstood and ill treated, the reader must refer to *chronic gastritis*, under INFLAMMATION OF THE STOMACH; and to BRIGHT'S DISEASE, page 396.

Every thing which weakens the system in general or the stomach in particular, may be a *cause*; such are an excessive indulgence in warm relaxing fluids, as tea, coffee and soups; an equal indulgence in stimulant and acrid materials, as ardent spirits, tobacco, acids and snuff; a daily habit of distending the stomach by hard eating and drinking; rigid abstemiousness, and very

protracted periods of fasting; Imperfect mastication and eating too fast; an indolent or sedentary life; habitual exhaustion from intense study. Grief and anxiety are frequent and powerful causes.

The foundation of this complaint is often laid in infancy and youth by the excessive employment of calomel, a practice totally wrong in principle, but which has been very much *in fashion* of late years. And where the patient has fortunately escaped its frequent use in very early life, it has often proved a direct cause of indigestion at a later period. Calomel is a strong and peculiar stimulant to the digestive organs, and when used in large doses, it impairs their natural enemies, breaks down the blood, and exerts a very depressing and distressing effect upon the whole nervous system.¹

But, perhaps, the *principal cause* of the very great prevalence of indigestion which has been witnessed in this kingdom within the last thirty years, is our present anxious fast and sedentary mode of living. The general mode of living in England now differs greatly from what was practised by our forefathers; indeed, there is a striking difference within the last fifty years.² Our hours of rest and rising are later; the floors of our houses universally are covered with thick warm carpeting, and the windows and doors are made air tight; cities and large towns have multiplied, and surprisingly increased in population, while the country has been comparatively

1. PUBLIC HOUSE BEER AND SPIRITS. There are men who go round to public houses to prepare the stock for retail sale. To the beer they not only add "water" or "liquor," as it is technically termed, but tire *coccus indicis* berry, as a substitute for malt and bops, *fubia amara* (*nux vomica*), sulphate of iron, and other dangerous poisons. Alcoholic liquors are "doctored" with subacetate of lead, oil of almonds, oil of vitriol, oil of turpentine, sulphuric acid, sulphate of zinc or white vitriol. The use of such deleterious compounds is the cause of indigestion, and of many other maladies which puzzle medical men. These strong pungent substances admit of large quantities of water being added to the original spirit us delivered from the distillery. The depraved taste and diseased palates of dram-drinkers do not perceive the adulterations, and rather desire the stimulus of these diluted poisons. No wonder that publicans, by help of these adulterations, can in a short time make large fortunes.
2. In the time of Queen Elizabeth the nobility and gentry were accustomed to dine at eleven, to sup between five and six, and go to rest at ten;—a maid of honour in the Queen's court, breakfasted upon beef, and drank ale after it; while the sportsman, the mechanic, and even the day-labourer, now breakfast on tea or coffee.

forsaken. As a necessary consequence of this, sedentary occupations in crowded places have augmented beyond all former example, to the neglect of those engagements which carry men abroad into fields and open country, and impose a necessity for active and continued bodily exertion. The healthful employments of the farmer and country gentleman, have been, in a great measure, relinquished for the more lucrative pursuits of trade and commerce, which have necessarily brought men in large bodies into a narrow space, in which they breathe a deteriorated and unwholesome atmosphere, and by which they are deprived of the means of adhering to the regular hours and sober habits of a country life, whilst they are exposed to much greater toil, care and anxiety. Even country families of sufficient property consider it now absolutely necessary to have a town house, where it is common for them to reside for a great part of the year; and thus they sacrifice their health and strength to their desire of mixing with the fashionable world, and indulging in the vanities of novelty and splendour. By these means, a great degree of general chronic debility has been silently, but certainly engendered in the constitution, in which the stomach and intestines sympathize, and of which they largely partake.

The *immediate cause* seems to be a debility of the nervous influence and muscular fibres of the stomach and bowels.

TREATMENT—The indications of treatment are, first, to relinquish whatever cause has laid a foundation for the complaint; and then to endeavour to promote healthy secretions, and to restore the debilitated organs, and whole system, to their proper tone.

The first and most important step to be taken in the cure of indigestion is, to remove such habits and pursuits as may have tended to give rise to the disease, and continue to aggravate it : until this has been effected, remedies will be found of little avail. If the patient leads a fashionable life, it will be necessary for him to forsake the haunts and habits of dissipation; to leave the crowded city; to shun luxurious tables, indolence, and late hours; and to retrace the footsteps by which he has deviated from simple nature, and to court the country, pure air, active exercise, early rising, simple diet, the society of a few select friends and pleasing

occupations. The man of severe study must in a great measure lay aside his books; the fagging tradesman or merchant will find it indispensably necessary to enjoy relaxation; the hard drinker must greatly diminish his potations, especially of ardent spirits; and all dyspeptics must take exercise in the open air freely, rise early, seek cheerful society, and carefully observe a moderate and correct diet.

Smoking and chewing tobacco, and even constant snuffing, have often produced indigestion. "I have found", says Dr. Cullen, of Edinburgh, "all the symptoms of dyspepsia produced by snuffing, and particularly pains in the stomach occurring every day. The dependence of these upon the use of snuff became very evident from hence, that upon an accidental interruption of snuffing for some days, these pains did not occur; but upon a return to snuffing the pains also recurred; and this alternation of pains of the stomach, and of snuffing, having occurred again, the snuff was entirely laid aside, and the pains did not occur for many months afterwards, nor, so far as I know, for the rest of life". In another place, he relates a singular case of a lady to whom this practice became injurious. This lady had been for more than twenty years accustomed to take snuff, and that at every time of the day; but she came at length to observe, that snuffing a good deal before dinner took away her appetite and that even a single pinch, taken at any time in the morning, destroyed almost entirely her relish for that meal. When, however, she abstained entirely from snuff before dinner, her appetite continued as usual; and after-dinner for the rest of the day she took snuff pretty freely without any inconvenience.

There are few points of greater importance than the proper regulation of the bowels, more especially without medicine. They ought to be comfortably exonerated once a day or once in two days. *Purging should be avoided*; indeed all aperient medicine should be laid aside. It is a wretched system to depend in any degree on physic. Refer to the article on COSTIVENESS. In many cases of indigestion the bowels are very irritable, and the operation of even a slight purgative is inexpressibly distressing; in such examples no

aperient whatever should be taken. Where the bowels are so unusually weak and irritable, the union of a tonic with the aperient, as in No. 101B or C, page 195, is worthy of much notice, if aperient medicine should be at all used for that purpose, which I doubt.

To palliate flatulency, the means recommended under that head may be resorted to. Half a tea-spoonful of tincture of ginger or cardamoms, in a glass of peppermint or cinnamon water, will be found a useful medicine for this purpose; but should acidity prevail, ten grains of magnesia or ten drops of water of ammonia in water is preferable. The mineral acids are sometimes very efficacious correctors of the latter symptom.

For nausea and vomiting one of the most effectual remedies is an effervescent draught, made either with bi-carbonate of potash or ammonia—see *Citric Acid*, page 34. Should this fail to allay the sickness, a blister or wet bandage may be applied over the pit of the stomach. Dr. Barlow (*Practice of Physic*, p. 398) says that strychnine is a very efficacious remedy for the sickness of dyspepsia, “in doses of from a 32nd to a 24th part of a grain”, and the following is his form of administering it :

Take of Strychnine	1/4 of a grain;
Diluted acetic acid	2 drachms;
Distilled water, sufficient to complete	4 ounces.
Mix them, and take one table-spoonful every four hours.	

Indigestion—dyspepsia—a feeble and imperfect action of the digestive organs, is a complaint of the very first consideration, because the state of the digestive functions are all-important in the cure of disease, and in the well-being of the system at large. To an unhealthy state of these organs, we are enabled to trace many disordered conditions which are not only manifested in particular organs, but which affect the whole body. If food is imperfectly assimilated, and therefore *not converted into good blood*, that bad blood cannot sufficiently supply the necessary vitality; and the various changes in the muscles, nerves, arteries, veins, absorbents, and the other parts of the frame, cannot possibly take place in a

healthy and perfect manner. Deranged digestion affects more or less all the functions of the body, and necessarily reduces the vigour of life. My experience entirely accords with that of Dr. Chambers. "I The more I see of disease", he says, "the more convinced I become that the most important function for us to pay attention to, in all cases, is the digestion. In chronic cases, it outweighs all the other functions put together".—*Clinical Lectures*, p. 351. The chief thing is to allay irritability in the stomach, to free the secretions, and to nourish the blood; and one of the most excellent plans of treatment is to begin by taking one of the powders No. 130A, page 209, before breakfast, and the next day to take the pills No. 104, page 197, twice a day, and to continue them for three weeks. At the end of that time, lay them aside, and take some suitable tonic, such as No. 84A, page 184 or No. 87C, in the *Appendix*. If these should not suit, try a quinine pill, twice a day, No. 115, page 202. At the same time the patient must take exercise twice a day, by riding on horseback or walking, two or three hours at each time, and sponge himself all over with cold water every morning on rising, following it with a good deal of friction with a flesh brush or hair gloves. The diet must be plain and moderate in quantity for breakfast, a breakfast-cupful of *good* black tea (not the stuff usually sold) without sugar, but with plenty of milk, and not hot; with bread and butter, dry toast or plain biscuit. For dinner, mutton, beef or chicken, with a little vegetable and bread, but no pastry or pudding. He may take one glass of wine and water or one glassful of Bass's, Allsopp's or home-brewed beer, whichever agrees best. For tea, the same as breakfast; then, probably, cocoa will suit better than tea. For supper, cocoa or oatmeal gruel with salt, may be taken with bread and butter or biscuit. Some persons find that a glass of wine and water or ale, suits them at supper time better than gruel. If the patient dines late, then he should take for luncheon a slice of cold meat and bread, and either a glass of Allsopp's ale or wine. Slow careful mastication is important, and the bowels should be regulated without recourse to aperient medicine.

The best brown ipecacuanha powder is a valuable astringent tonic, and is a remedy of great value in the present complaint. It

may be given either alone, made into pills with a little soap or in combination with iron, extract of chamomile or gentian or any other bitter extract. The celebrated French physician, Daubenton, recommended it for the indigestion of elderly persons especially, but it is, perhaps, equally efficacious in younger patients; and it possesses a great advantage over many other remedies, inasmuch as it is applicable to the early as well as the later stages of the complaint, and may often be administered with evident benefit when there is a good deal of pain, and slow inflammatory action going on, in the region of the stomach; a state in which the metallic tonics, and even the vegetable bitters, are frequently altogether inadmissible. The following are excellent forms of exhibiting it :

Take of Ipecacuanha, in powder 20 grains;
 Carbonate of iron 2 drachms,
 Extract of chamomile 1 drachm.
 Mix, and divide into sixty pills; one or two to be taken twice
 or thrice a day.

Or,

Take of Ipecacuanha, in powder 15 or 20 grains ;
 White oxyde of bismuth 2 drachms;
 Extract of gentian 1 drachm.
 Mix, and divide into sixty pills; two to be taken two or three
 times a day.

The most efficacious bitters are chamomile, bitter orange-peel gentian, cascarilla, serpentaria, columba, wormwood, and Peruvian bark. All these possess a power of invigorating the digestive organs, and are particularly serviceable in the earlier stages of indigestion. But in the advanced periods they become less useful, and sometimes cannot be borne at all, since almost all of them possess a stimulant as well as a tonic quality, which does not agree with the irritable and inflamed state of the stomach at this period, denoted by pain in the region of that organ. The stimulant quality of the bitters in common use nearly accords with the order in which they here stand, the chamomile possessing the least, and the bark the most of this

power; so that in taking them for the relief and cure of the present disorder, we must make our selection accordingly. Generally speaking, the bark is inferior to the other bitters as a remedy in dyspepsia; yet, in the earlier periods of the disease, when it follows debilitated states of the constitution, and the stomach still retains considerable comparative vigour, a cold infusion of the bark is often the most beneficial of all bitters.

Columba is considered, by some superior writers, to be peculiarly calculated for dyspepsia in all its forms.

Some of the most approved modes of prescribing bitters may be seen at pages 157 and 170-71.

Diluted nitric, muriatic and sulphuric acid or diluted nitro-muriatic acid, are appropriate tonics in indigestion. The first of these acids appear to me to be the most valuable; and it may often be given with great advantage in long standing cases, and where the patient complains of a great deal of pain at the pit of the stomach. In those severe examples which are so frequently but erroneously denominated *liver complaints*, it will be found of the greatest service; the appetite and strength sensibly increasing under its continued use, and the sallow hue of the complexion as quickly disappearing. Two drachms of it may be mixed with two ounces of water, and from a tea-spoonful to a tea-spoonful and a half of this mixture to be taken, three times a day, in water. From five to twenty drops of diluted muriatic acid, and from ten to twenty drops of the diluted sulphuric acid, taken in some agreeable vehicle, twice a day, are the proper doses of these articles. These acids may be administered as in the form of No. 85A. The muriatic acid should always be administered in some bland fluid, as barley-water, gruel, etc. To prevent these acids from injuring the enamel of the teeth, they may be sucked through a quill, and the mouth should be carefully washed after each dose.

The mineral acids are efficacious correctors of morbid acidity as well as being highly tonic, and, therefore, when acidity in the stomach is a troublesome symptom of the present disorder, they will often be found among the most eligible remedies.

It is in those forms of dyspepsia, where the urine is free from a

red deposit—where there is a disposition to the formation of oxalate of lime in the urine in which case there is not unfrequently a tendency to white deposit, that the nitro-muriatic acid, and the other mineral acids, are especially of service. From eight to fifteen drops of the dilute nitric acid, and the same dose of diluted muriatic acid, may be given twice a day, in a wine-glassful of barley-water or infusion of calumba, half an hour before breakfast and dinner.

In some instances of indigestion, however, the acids have but little effect, and appear too cold for the stomach, when the *alkaline solution of Brandish* (see page 2), is often particularly useful as an alterative. It is in those cases in which coldness of the feet, chilliness of the general surface, languor, fluttering at the pit of the stomach, and morbid acidity, are the most prominent symptoms, that it displays its full powers. The dose is half a tea-spoonful three times a day, in milk and water; or it may be taken in a bitter infusion.

In this complaint, soda is more generally useful than potash, probably from its more direct effect upon the liver. When it occurs in persons who take little exercise and live freely, fifteen grains of bi-carbonate of soda in infusion of calumba, twice a day, with one or two of the pills No. 97, page 191, at night, to increase the secretions of the liver and bowels, will be found very useful.

When the urine from the first has a deposit of lithic acid or lithate of ammonia (brickdust colour), the mineral acids should not be given; then the best remedy is eight or ten grains of sesqui-carbonate of ammonia in water or half a tea-spoonful of sal volatile, twice a day. Lithic acid deposits are most frequent in the members of gouty families, and in people of middle age who lead the kind of life that conduces to gout—that is, eat largely of animal food, and drink freely of malt liquors.

Dr. Belcombe of York, states, that for some years he has been in the habit of prescribing in cases of severe dyspepsia, frequently attended with water-brush, the following pill :

Take of Camphor	1 drachm;
Strychnia	1 grain.

Mix them, and divide into thirty pills, one to be taken twice a day.

Dr. Chambers recommends a minute quantity of strychnine as very valuable in relieving the sense of *oppression* at the stomach.

Iron has always been considered of much service. The carbonate, sulphates or citrate of iron; are the preparations most commonly resorted to, and they may be taken either alone, made into pills with mucilage of gum arabic or combined with extract of chamomile or with ipecacuanha.

Take of Carbonate of iron	2 drachms;
Myrrh, in powder	1 scruple;
Extract of chamomile	1 drachm;
Socotrine aloes in powder	4 or E grains.

Mix, and divide into forty pills, two or three to be taken twice a day.

Take of Sulphate of iron	2 drachms;
Extract of gentian	1 drachm;
Socotrine aloes, in powder	4 grains.

Mix, and divide into forty pills; two to be taken twice a day.
The recipe No. 84A is also an eligible one.

All the preparations of iron, however, are much less serviceable in the advanced periods than in the early stages. They are frequently found too heating, when they should be changed for the mineral acids, ipecacuanha or the alkaline solution.

When the pain in the stomach, of a chronic description, and apparently depending rather upon deficient energy of the organ, than upon slow inflammation, is a troublesome symptom, the white oxyde of bismuth is very efficacious in removing it. Four grains of it may be made into a pill with a little extract of gentian, and given three times a day; the dose being gradually increased, if necessary, to six or eight grains; at the same time apply a wet bandage round the stomach.

The sulphate of zinc has been praised for its virtues as a tonic

in this disorder, and being less heating than preparations of iron, may generally be taken when they are found too oppressive; but it must not be given beyond the extent of a grain at a dose.

Take of Sulphate of zinc	25 grains;
Myrrh, in powder	15 grains;
Extract of chamomile	1 drachm.
Mix, and divide into thirty pills; one of which should be taken three times a day, and gradually increased to two.	

Rhubarb is an excellent corrector of vitiated biliary secretion, and in small doses becomes a valuable stimulant and tonic to the stomach and bowels. A grain or two may be given two or three times a day, united with soap or with ipecacuanha and soap. It is particularly indicated when the complexion is sallow, and the stools much discoloured, the use of mercury being at the same time, very limited or altogether objectionable. In my practice, the rhubarb pills No. 104, page 197, have proved of the most essential service to numerous persons afflicted with indigestion and bilious symptoms.

In many cases of protracted indigestion, tartarized antimony (emetic tartar) in small doses, is found of essential service, more especially when the long continuance of the complaint has induced a determination of blood to the head or severe nervous irritation. See what is said at pages 48-49.

Calomel, blue pill, and other mercurial medicines, are often employed in the treatment of indigestion, and though by no means of so much consequence as the generality of medical men suppose, they are sometimes of eminent utility. But if the complaint originates in, and is very nearly or altogether confined to the stomach, they are of inferior value, and often of no use whatever; while in those cases of disease which centre principally in the bowels or liver, they are generally of the greatest service, by promoting healthy secretion, and removing obstruction.¹ The only

1. Mr. Abernethy, in his Lectures, has a useful remark in point. "If", says he, "the fault lie principally in the stomach, no blue pill will avail; if in the liver, bitters will be of little service".

safe, and, indeed, the most efficient mode of taking them, is in small doses, every other night, with a quinine pill or a draught of some bitter infusion, as No. 35, page 158, once a day. Calomel should never be given alone in indigestion, and in combination only in small doses. It ought not to be employed here as a purgative, but only as an alterative, as in No. 98A, page 192. Those cases are most benefited by mercurial medicines, in which the stools are remarkably discoloured and offensive, the appetite and strength not greatly impaired, and where there is a tendency to the formation of some obstinate or severe local disease. In all delicate constitutions, in which the appetite has habitually been somewhat capricious, and the general strength inconsiderable, mercury will be a doubtful remedy, and require great caution in its use. Whatever is the state of the disorder and constitution, the patient will do well to remember, that it is only by a skilful employment of minute doses of this mineral that he can reasonably hope to derive great and lasting benefit. For general use, I know no mercurial combination equal to the pill No. 98A or three grains of grey powder and one of extract of henbane.

Ablution with diluted mineral acids has been recommended as a valuable substitute for mercury, in protracted and severe cases of indigestion, and disease within the abdomen, and the practice is one worthy of much confidence; but as these acid baths and ablutions are more particularly applicable to cases of long standing or where there is positive disease in the alimentary canal and liver, I shall defer any description of their properties and mode of preparation, till I shall in course treat of *liver complaint*.

It now and then happens, that both the bitter and metallic tonics are found to be of very little or no service in indigestion, the most sensible benefit arising from the cautious use of mild aperient medicine, and especially the saline aperients, as combinations of Epsom and Glauber's salt, etc. In such examples, the seat of the complaint is chiefly the internal surface of the bowels, and the liver, and the symptoms are, for the most part, those which are generally considered to point out a high degree of bilious disorder; such are sallowness of complexion, dryness of skin, shooting pains about the pit of the stomach, and either whitish or very dark coloured

motions. Here the Cheltenham, Leamington or Epsom waters, are often of eminent utility; and when these cannot be resorted to, the following draught may be substituted with much advantage.

Take of sulphate of magnesia	1 drachm;
Sulphate of soda	half a drachm;
Sulphate of iron	1 grain.

Mix, and dissolve in half a pint of cold or lukewarm water;
to be taken every morning or three or four times a week,
before breakfast.

This is a mild, pleasant, and very efficacious saline aperient, and is very nearly, if not quite, as effectual as the Cheltenham, Leamington and Gloucester waters. Or, a soothing powder, No. 130A, page 209 or the mixture No. 74C, page 177, may be tried for ten days, and followed by a steel tonic No. 84A, page 184.

Mr. Abernethy found the tincture of rhubarb or senna to be sometimes more effectual in exciting healthy secretions from the bowels than any other aperient. This seems to occur where there is a great deal of direct debility of the stomach, with coldness, and that general state of feeling which is relieved by some mild aromatic cordial. In such examples, about one drachm of each of these compound tinctures may be taken, in a little water, and repeated three, four or five times a week.

Having now, in a great measure, concluded what I have to say respecting the use of medicine in this malady, it is material to observe, that, in *protracted cases*, whatever plan is adopted, much depends on the gentleness of the effect produced, the morbid condition in such instances being only to be removed by a slight effect, regularly kept up for a considerable length of time. All powerful means, which are necessarily transitory, because they would, soon destroy the patient if they were continued, not only fail to cure, but very often aggravate the disease. It is, therefore, of the greatest importance that the patient should remember, it is by the most gentle and frequently repeated impressions, that the organs are solicited to resume their healthy action in all protracted cases, more especially if considerable hardness of the pulse be present.

Those cases of indigestion in which there is a permanent tenderness extending across the stomach quite to the left side, and those in which the skin, instead of being obstinately dry, is constantly moist or apt to become so on every slight occasion, without any relief to the disease, (the pulse being hard), are very generally obstinate, and will require particular attention to the preceding hints.

As an auxiliary remedy, the cold bath merits much attention, or, if preferred, cold sponging may be substituted for the cold bath. The whole surface of the body should be sponged regularly every morning with cold water, the patient rubbing himself dry after it with a coarse towel. This is a very refreshing and salutary practice, and one which Sir Astley Cooper considered to have very materially contributed to insure the excellent health which he so long enjoyed. He uniformly resorted to it immediately on rising, and speaks of it as an effectual preventive against taking cold.

The internal use of the warm waters of Buxton and Bath are occasionally of great service. They relieve pain and uneasiness in the stomach, and often promote digestion. The late Dr. Saunders of London, thought highly of tepid water as a remedy in this complaint, and questioned whether drinking the water at the celebrated springs at Buxton, would, upon trials be found more efficacious in these complaints, than the regular use of the same quantity of any pure water heated to the same temperature. Those who wish to try it may take a small tumbler-full after dinner and supper. For pain or uneasiness in the stomach, occurring after dinner or any other solid meal, the addition of half a tea-spoonful of tincture of ginger to the tepid water may prove of great benefit.

Whenever there is a great deal of tenderness on pressure or pain at the pit of the stomach, which does not yield to the general treatment, the application of leeches may be useful. Four or six leeches may be applied once a week, for three or four weeks, if this symptom is not removed in a shorter time; but we must be careful not to induce debility by the use of this means. It will frequently be proper to apply a blister after the leeches have been removed; but probably a wet bandage round the stomach, if renewed thrice a day, will be equally serviceable without any risk of inducing

debility. See the remarks on *chronic gastritis*, at the end of the article on INFLAMMATION OF THE STOMACH.

A correct regimen is of the utmost consequence, and a strict and constant attention to it is absolutely necessary, in order to obtain a perfect cure. All sedentary occupations must be for-saken as much as possible, and if they can be entirely given up, the prospect of complete relief will be far greater. Indeed, considerable and permanent advantage can only be obtained, in the majority of instances, by relinquishing in a very great measure all such engagements, and quitting the confined atmosphere and late hours of the crowded city, for the pure, dry, bracing air of the country, with its early rising, and active exercise.¹ It is the common neglect of such a regimen that makes indigestion so rarely and imperfectly cured; for where a high state of chronic debility and nervous irritability, has been induced by long continued exposure to the depressing effects of confinement, and intense application to business, literary pursuits or pleasure; no medicine nor even diet, can be employed with much effect as a substitute for country air, daily active exercise, cheerful company and early rising. The patient should quit his bed by six O'clock in the morning in the summer, and by seven in the winter; and after partaking of a light breakfast, take exercise freely for two or three hours before dinner. After dinner, gentle exercise should be again taken for an hour or two. Of all exercises, those of walking and riding on horseback are the most beneficial and where the patient's means and strength allow, they should be used alternately; but when the strength is much reduced, horse exercise is almost invariably to be preferred.

The power of daily active exercise in the open air in curing indigestion is very great, indeed such as would appear to the majority of persons almost incredible, and therefore, it cannot be

1. Large towns have been emphatically called the *graves of the human species*. Constant residence in a populous city has certainly a very considerable influence in producing disease, and abridging the term of human life. The constitution of the generality of citizens is weak, irritable, and easily susceptible of diseased actions, a fact, to the truth of which the experience of every medical man who has practised much in such places bears ample testimony. The Roman poet most justly exclaims against *Pericula mille Saevae Aurbis*.

too much insisted upon by the physician, as an indispensable requisite to insure perfect freedom from this complaint. Many medical men lay great stress upon attention to diet, as necessary in the treatment of this and other chronic disease, and so it is; no one acquainted with my writings will suspect me of undervaluing it, but I am fully persuaded that regimen is of still greater moment, and experience proves, that exercise and cold water are the most essential branches of the athletic regimen. Exercise is not so strenuously recommended as it ought to be or its virtues so fully known as they deserve.¹

Cheerful company and lively conversation, with proper clothing, are also subjects of importance. The feet and chest should be kept warm, and, if the debility be great, with a considerable reduction of the natural heat of the body, a flannel waistcoat worn next the skin during the colder months will be very proper. The bed clothes should be no more than sufficient to keep the patient comfortably warm, and a mattress is always preferable to a feather bed.

Diet has always been considered a subject of no small moment in the treatment of the present complaint. The grand maxim with regard to it is, to eat and drink sparingly, at stated intervals, and of food the most digestible, and that agrees best with the individual. No bilious or dyspeptic persons should eat more than three or four times a day, and those periods ought to be, as near as possible, at regular intervals of five hours, say eight, one, six, and half-past nine o'clock. It is a common, but very erroneous and injurious supposition, that such patients ought to eat little and often; because by taking food in this way, scarcely two hours elapse throughout the whole day without something being swallowed, by which means the stomach has no time for the perfect digestion of the previous meal, and is kept in a constant state of irritation and disorder. No

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1. The system called *training* merits most particular regard from every dyspeptic, and more especially from these who are suffering under the present malady in its aggravated and protracted forms, on account of its surprising influence in giving tone to the digestive organs, and every part of the frame, and the marked effect it has in improving and equalizing all the secretions. See the note at page 382. Also Appendix.

rest is given to it, and therefore, instead of gaining strength, it loses it. It may be safely received as a general rule, that food should not be taken in the intervals of meals, and a want of this kind will seldom be felt by those who adhere to the hours just mentioned.

Where a considerable degree of hardness exists in the pulse, with much feverish heat generally, an inflammatory tendency exists in the system, when a diet wholly vegetable, and even a total abstinence from wine, must for the most part be observed, and is strikingly beneficial. The best vegetables are, young cabbage, brocoli, French beans, asparagus and potatoes; no other should be taken. In this state of the complaint, light, plain puddings are allowable, but pastry is altogether inadmissible in every description of case.

In the greater number of instances, however, the hardness of pulse just noticed is not present, and then an animal diet is the best. Mutton, venison, partridge and pheasant, are the most wholesome and digestible of meats; and next to these come fowl, chicken, tender beef and lamb. Of either of these, a small quantity roasted and little done may be taken at dinner, it being seldom proper for a dyspeptic to eat animal food more than once a day. The flesh of full-grown animals is to be preferred to that of young ones, and I know no exception to this rule. Some medical men, however, have gone so far, and erred so widely, as to assert the reverse of this to be the truth; but they are blind leaders. Preference has, indeed, been given to veal over beef, by some physicians of judgment who agree as to the superior digestibility of the flesh of full-grown animals in general; but, according to my experience, it is a preference that ought not to be maintained, for certainly few articles of diet are more indigestible and irritating than veal and, therefore, in my practice, it is universally forbidden to those of weak digestive powers. Full-grown tender mutton and venison are, unquestionably, the most digestible and best of all meats. All salted and dried meat is inadmissible, and boiled fresh meat of any kind is not quite free from objection in severe indigestion. Excepting oysters in their natural state, every sort of fish is bad in the present disorder, and must be altogether avoided, at least in the beginning.

In common language, fish is called a *light* article of diet, but it is an error to suppose it to be easy of digestion. It is given to patients convalescent from acute diseases, in preference to flesh, not because it admits of a more ready solution in the stomach, but on account of its exciting less heat and fever. Both vegetable and animal food cooked a second time is very objectionable; and, therefore, hashes, harricoes, stews and the like, must make no part of the dyspeptic's cookery. In all cases, plain biscuit is preferable to white bread, but well-made brown bread is better than either, when the bowels are confined, and there is strength of stomach sufficient to digest it.

Generally speaking, all slop fluids are much more difficult of digestion than solids, and a weakened stomach is quite incapable of digesting even the ordinary quantity of slops which is taken in health with satisfaction and benefit. It is for this reason that broths and soups are injurious to most dyspeptics, and that drinking too freely of soups, tea and the like, will sometimes throw such persons almost into agonies. They should, therefore, be abstained from as much as possible.

Port wine is almost invariably hurtful, but a little foreign white wine taken after dinner, is sometimes useful. The best wine is old sherry, but with some patients good claret answers very well. Mild home-brewed beer (such as Bass's or Allsopp's draught beer) generally agrees better than wine or brandy. It ought not to be strong ale, which is at all times difficult of digestion; neither should it be poor weak beer, but that of a moderate strength and body. There exists a general prejudice against the use of beer in indigestion and bilious complaints, but I am fully persuaded it is, in the majority of instances, without substantial foundation. If patients are properly treated, they will, in general, find *good home-brewed beer*—and Bass's and Allsopp's—to agree very well. Barley-water is useful to quench thirst; well-made toast and water is likewise a proper drink, and so is lemon or orange tea, that is, lemon or orange-peel infused in boiling water. The latter possesses a stimulus which is very useful to some disordered stomachs.

Tea, cocoa or thin chocolate, made with water, may be taken for breakfast, and at tea-time; with biscuit, bread and butter or dry toast. Rolls, and all other spongy bread are bad; and coffee must

be wholly forsaken. One fresh lightly-boiled egg may be taken at breakfast, if it agrees. Whatever liquid is taken in the morning and evening, the patient should not exceed a common breakfast-cupful at each time.

The supper should be very light and small in quantity, consisting of a roasted apple or potatoe (if they agree) or an egg lightly boiled, with a biscuit or some bread and butter. In summer, a little good ripe fruit in season will make a very wholesome supper. A small tumbler-full of mild beer may likewise be allowed if it agrees, and the portion of food then taken be solid. Some dyspeptics find well-made grit or oatmeal gruel, with or without milk, to form an agreeable and wholesome supper. Further information respecting diet will be found under that article at page 229.

The food should be well masticated, and quietness, with rest, observed for at least an hour after each meal. Digestion almost invariably proceeds much better in a sitting, than in a recumbent position.

There are, however, not a few cases of indigestion in which a different mode of proceeding must be observed with regard to diet, on account of the very excited, irritable state of the nerves of the stomach and intestines. This mode I have detailed in my *BEST METHODS OF IMPROVING HEALTH*, under the head of *Quantity of Food*. The cases I refer to are those of irritative dyspepsia, in which great uneasiness or pain occurs in the *stomach* after eating or uncommon restlessness and nervousness *generally*, etc.

There are two determinate principles of superior importance, which we have to guide us in the treatment of the present complaint, both as it respects diet and medicine, a notice of which shall form the conclusion of what I have to say, on this important subject. These principles are highly valuable, because they lead us directly to an acquaintance with two opposite states of the constitution, with which indigestion is continually found to be associated, and which demand a different treatment, pointing out to us when a direct tonic plan will generally answer, and, also, when the comfort and even safety of our patient requires a mild, unstimulating, although not a lowering mode of procedure.

These principles are, first, That when the pulse is hard, as in *irritative dyspepsia*, all the secreting surfaces are in a measure bound up, the skin being dry and harsh, and the extreme vessels on the surface of the alimentary canal also suffering constriction, as evinced by the dry condition of the mouth and nose,—when the more permanent stimulants and tonics, as iron, bark, strong alkalies and bitters, etc., are in the beginning totally inadmissible; second, That when there is no perceptible hardness in the pulse, the secreting surfaces are more or less free, and the skilful use of permanent tonics or *cold water* will be generally a certain means of recovery, which, indeed, cannot then be insured by any other kind of remedies.

The hardness of pulse here alluded to, is not the striking contraction felt in acute-inflammation, but a slighter hardness, which is readily felt on lightly pressing the artery with the finger, although the pulse is often feeble at the same time. United with this state of the pulse, there is commonly a good deal of permanent tenderness, on pressure, in the pit of the stomach, with much feverish irritation generally, and in some instances there may be also some symptoms of determination of blood to the head or other indications of an inflammatory tendency in the system.

In this state, the great object of treatment at the commencement should be to relax the blood-vessels and secreting surfaces, in other words, to produce a soft skin and natural pulse, by the cautious use of the mildest medicines, as nitrate of potash, tartarized antimony, ipecacuanha or small doses of carbonate of ammonia. The compound decoction of sarsaparilla or the alkaline solution of this root (page 145) or the powder, is sometimes of remarkable service in these cases, as a tonic and alterative.

INFLAMMATION

By the term *inflammation* is generally understood the state of a part in which it is painful, hotter, redder and somewhat more turgid than natural; which topical symptoms when present in any considerable degree or when they affect very sensible parts, are attended with fever or a general disturbance of the system.

All parts of the body, except the skin, nails, hardest part of the teeth, and hair, are subject to inflammation. Healthy, inflammation is of a pale red; when less healthy, it is of a darker colour; but in every constitution, the inflamed parts will partake more of the healthy red, the nearer they are to the source of the circulation. Speaking of inflammation in general, it may be observed, that when situated in highly organized and very vascular parts, it is generally more disposed to take a prosperous course, and is more governable by art than in parts of an opposite texture. The nearer also such vascular parts are to the heart, the greater will be their tendency to do well. Hence inflammation of the skin, cellular substance and muscles, more frequently ends favourably, than the same affection of bones, tendons and ligaments. It is also more manageable by surgery; for those parts of the body which are not what anatomists term vascular, seem to enjoy only inferior powers of life, and, consequently, when excited in a preternatural degree frequently mortify.

But inflammation of vital parts, though they may be exceedingly, vascular, cannot go on so favourably as in other parts of resembling structure, but of different functions because the natural operations of universal health depend so much upon the sound condition of such organs. The truth of this observation is illustrated in cases of inflammation of the stomach, lungs, etc.

Too full a diet, particularly too free a use of fermented liquors, may be regarded as the chief *predisposing cause*. All causes which check habitual discharges, whether artificial or natural, especially the secretion by the skin, and all causes which considerably increase the force of the circulation, predispose to inflammation; and, if applied suddenly and to a great degree, may act as *exciting causes*. Whatever increases the impetus of the blood towards the part may become a cause, and all mechanical and chemical irritants are well known frequently to produce it; such are heat, sudden changes of temperature, the action of strong acids, alkalies, metallic salts, acrid vapours, acrid vegetable oils, bruises, wounds, etc. The strong, vigorous and plethoric are most liable to inflammation.

TREATMENT—In the present article we intend to advert only to

the treatment of external inflammation, such, for example, as occurs in the limbs, trunk or any part of the surface of the body; as the inflammatory affections of internal organs, and particular parts which are more deeply seated, will be treated of under their respective heads.

Inflammation is of two kinds, *acute* and *chronic*, and it will be necessary to notice the treatment of these modifications separately.

ACUTE OR ACTIVE, inflammation is that which is, for the most part, attended with considerable heat, redness, and pain in the part affected, and with more or less fever in the general system, and a hard, quick pulse. Its characters and progress are in general clearly marked, although its symptoms of course differ, in respect to intensity, in different instances.

In all cases of acute inflammation situated externally, the first circumstance to be attended to, is the removal of all such exciting causes as may happen to present themselves. If the irritation of a splinter of wood, bone, etc. for example, were to excite inflammation, every one would immediately see the propriety of removing it, and such a course must be adopted with every kind of mechanical or chemical irritant present. After this is done, it will be necessary to moderate the increased action of the arterial vessels, thus lessening the velocity of the blood's motion towards the inflamed part, and to increase the secretions, by means of blood-letting, purgatives, antimonial and cooling diaphoretic medicines, cold lotions, a spare diet, rest, and a relaxed easy position of the part inflamed.

If the patient be young, robust, and full of blood, and the inflammation run high, he should lose fourteen or sixteen ounces of blood from the arm; but, in general, the application of leeches, at a short distance from the affected part, will be sufficient and preferable, more especially in feeble or elderly persons, and where the inflammation appears to be connected with a deranged state of the digestive functions. After this, we must endeavour to restore free and healthy secretions from the bowels, liver and skin, by administering purgatives and antimonials. The employment of calomel and saline purgatives in almost every case of acute

inflammation, whether situated externally or internally, is of the first importance. Two of the pills No. 98, page 191, should be given directly, and followed by a black draught in the morning or after three or four hours, and these pills must subsequently be continued every day, until the inflammation is much relieved, when they can be employed once in two or three days or as occasion may require. At the same time, the following cold lotion ought to be constantly applied by means of linen rags.

Take of Sal ammoniac	1 ounce;
Common or distilled vinegar	3 ounces;
Cold water	12 ounces.
Mix for a lotion.	

Or either of the lotions No. 68 or 69, page 173, will be proper. Sir Astley Cooper thinks that one of the best lotions that can be applied to inflamed parts, for the purpose of producing cold, is a mixture of one ounce of rectified spirit of wine, and five of water. In applying these lotions, the linen ought to be fine, and put lightly on the inflamed part, in order that evaporation may go on with facility, this being the grand object in view.

Tartarized antimony is likewise an invaluable remedy in all acute inflammations, and it may be given as recommended under INFLAMMATION OF THE LUNGS, provided the calomel and saline purgatives do not speedily produce the desired effect.

The saline effervescent draught, No. 24, page 153, may be given thrice a day, if the heat and fever are considerable; and should the pain be very severe, an opiate ought to be occasionally administered, after evacuations have been procured. Solid opium or the compound ipecacuanha powder, combined with calomel, forms the best opiate in these cases. Five grains of the compound ipecacuanha powder, and one grain of calomel, made into a pill with confection of opium, and given at night or when the pain is violent, will be found very useful.

The whole body, but more especially the inflamed part must be preserved in as complete a state of rest as possible; and in

inflammation of the limbs a proper position is highly necessary. They ought not to be allowed to remain in a dependent position, but be constantly supported in one that is elevated and easy, so long as the inflammation is at all violent. Sir Astley Cooper gives us the following example of the use of position in inflammation of the leg, which merits a record in this place.

“I was sent for (says he) to see a gentleman farmer in the neighbourhood of Rayleigh, in Essex, who for a long time had been subject to a very severe inflammation in both his legs; they were exceedingly red, and very much swollen, in a state threatening gangrene; the constitutional irritation was very great, and the tongue covered with a brown fur. I found him with his legs in a tub of water; I took out one of them, and it smoked excessively; I saw there was no time to be lost, had him immediately placed on a sofa, and contrived to rest his legs upon the end of the sofa; consequently they were raised considerably higher than his body; the vessels soon began to unload themselves, and the skin, in a short time, was evidently less red than when taken out of the water. I then applied flannels wrung out of warm water; these soon produced a very considerable perspiration, by which the cellular membranes became unloaded, the swelling much less, and the pain materially abated. He gradually recovered, and in six weeks was enabled to ride a considerable distance to market.”¹—*Surgical Lectures*, No. 6.

The diet must be spare and low, all spirituous and fermented liquors, and animal food, being avoided for the first two or three days or until the acute symptoms have passed away. Watery, cooling, mucilaginous drinks are highly proper and useful, and the best of such fluids are whey, butter-milk, barley-water, water-gruel, and decoctions of dried fruits, as figs etc.

Inflammation often terminates in suppuration or abscess, and now and then in gangrene or mortification; when the treatment

1. We are not to suppose that the mere altered position of the limbs cured the patient, but this extract shows the value of even slight changes in many cases. No doubt the farmer was constitutionally indisposed, and saline with alterative medicines were given him.

will be the same as that laid down for those diseases. *See* ABSCESS AND MORTIFICATION.

When suppuration takes place, the pain and redness, for the most part, abate, the temperature falls nearer to the healthy degree, and the throbbing becomes more sensible. A conical eminence or *pointing*, as it is termed, takes place at some part of the tumour, generally near its middle. In this situation, a whitish or yellowish appearance is generally observable, instead of a deep red, which is previously apparent, and fluctuation of a fluid underneath may be discovered, on a careful examination with the fingers.

On the approach of gangrene, the part, which was of a bright red, becomes of a livid hue; small vesicles, filled with a thin foetid serum, arise on its surface, and air is plainly felt within the cellular membrane. The pain is suddenly diminished, but the pulse sinks, while the tumour is gradually changed into a black-fibrous mass.

BY CHRONIC INFLAMMATION surgeons mean an inflammatory affection of a subdued and imperfect character, in which the part affected often appears redder than usual, but there are also present evident marks of languor and debility in the local circulation. Indeed the essence of the disease is debility, and the languor often extends, in a greater or less degree, through the whole system. There is seldom much hardness in the pulse here; sometimes it participates in the general weakness, and is small and feeble. A good example of visible chronic inflammation is seen in the eye, when this organ appears permanently red, somewhat painful, and more sensible to light than usual, although not so much so as to prevent the patient going about and transacting business. In delicate habits, this affection generally arises unpreceded by acute inflammation of the part, but in robust frames and those who are less delicate, it is often a mere sequel or consequence of the latter. But frequently chronic inflammatory action occurs, in internal organs and parts not to be seen, when it is detected by the presence of pain, uneasiness, and weakness of the part affected, generally associated with a furred tongue, impaired appetite and strength, nervousness or other indications of derangement of the general health. Of such a case, that disease of the knee joint forms an instance, which, in

its advanced stage, is commonly called a white swelling. In the beginning, this is simply a chronic or slow indolent inflammation of the internal part of the joint. The enlargement of the glands of the neck or other parts of the body in scrophulous subjects; the formation of tumours of various kinds, and of strictures in the urinary canal, are but so many additional examples of chronic inflammation, giving rise to determinate maladies. This subject is an extensive and very interesting one, and if I were writing for the profession, it would be necessary to enlarge upon it; but my present purpose being to convey to the public a little of the most valuable information relating to the various points connected with the preservation of health, and the cure of diseases, I must pass on to notice the treatment of chronic inflammation in general. The reader is referred to page 338 for valuable GENERAL PRINCIPLES. Chronic inflammation of the eye, of the glands of the neck, and of the knee, are examples of chronic disease, and what is said in the article at page 338, in reference to the principles of management, is strictly applicable to them.

As already remarked, the essence of this disease is debility, and this must never be lost sight of in its treatment, because all very active or violent measures, which inevitably disturb and weaken the constitution, will very rarely fail to aggravate the complaint, and will sometimes do so much injury as no subsequent means can repair. Imperfect nutrition lies at the basis of most chronic maladies. If, therefore, chronic inflammation occur in the eye, glands of the neck, knee or hip joint, liver or elsewhere, we must have recourse to mild unirritating measures, which are capable of increasing the appetite and vigour of the stomach, and gradually altering the condition of action in the blood-vessels of the affected part, whereby strength to the whole constitution and healthy secretions will be restored, both locally and generally. These are the grand objects to be kept in view, and for the accomplishment of them the use of a little steel and quinine or cod-liver oil, with the pill No. 98A, a nourishing diet, and plenty of exercise, will be found the most efficacious means. I think very highly of sarsaparilla and dandelion as internal remedies, and cold water as an external remedy. Rest must also be given to the affected organ, with as

easy a position as possible. The diet must be nourishing, but rather small in quantity, so as to prevent the possibility of exciting irritation.

The principles laid down at page 345 will be found of universal application in chronic inflammation wheresoever situated, and an adherence to them will not only preserve us from doing injury, but will enable us very generally to effect much good. I cannot but again advert to these fundamental principles of practical medicine, which ought ever to be impressed upon the mind of the bodily sufferer, and the consideration of which is of vast importance in the present affection, particularly to these, that THE RELIEF OF IRRITATION AND THE IMPROVEMENT OF THE QUALITY OF THE BLOOD, ARE THE GREAT OBJECTS OF MEDICINE. Now they are to be effected only by soothing, strengthening and slightly stimulant measures; and in proportion as we succeed, by the employment of such means, in accomplishing these objects, so do we free our patient from the symptoms of pain and uneasiness, both local and general, and aid in bringing the diseased organ, and the whole constitution, into a state of healthy and vigorous action. Large and frequently repeated doses of any active medicine will, consequently, hardly ever fail in defeating this object, and it is on these grounds that I oppose the employment of mercury and aperients in *large* quantities, and particularly if used with the intention of producing salivation; because salivation invariably irritates the whole system (and therefore the organ diseased), rendering it weaker, and generally yielding it an easy prey to the most uncomfortable and painful sensations. I repeat, mercury used in small doses, and in combination with antimonials, is invaluable, but in large quantities it is, for the most part destructive.

Inflammation of the Brain

The characteristics of this disease, are severe pain in the head, redness of the face and eyes, intolerance of light and sound, watchfulness, and ferocious delirium.

It often comes on with a sense of fulness in the head, flushing of the countenance, redness of the eyes, and fulness of the pulse;

followed by restlessness and disturbed pulse. Or it may make its attack with pain or a peculiar sense of uneasiness of the head, back, loins, and joints or tremors of the limbs, and intolerable pains of the hands, feet and legs :—or with anxiety, and a sense of tension referred to the breast, with palpitation of the heart. As the disease advances, the pain greatly increases, and with it the redness of the face and eyes; the countenance acquires a peculiar fierceness, the patient talks incoherently, and delirium follows, and often arrives at a state of frenzy. The face becomes turgid, the eyes stare, and seem as if starting from their sockets, tears, and sometimes blood flow from them, the patient resembling a furious maniac, from whom it is often impossible to distinguish him, except by the shorter duration of the disease. The eyes are incapable of bearing the light, and the least noise is intolerable; respiration is deep and stow, and swallowing difficult, the pulse being generally remarkably hard and small.

The stomach is often oppressed with bile, which is an unfavourable symptom. Sometimes there is a deficiency of bile, which, for the most part, affords a still worse prognostic. The stools being of a white colour, and a black cloud in the urine, are regarded by Dr. Lobb as fatal symptoms.

An injury immediately applied to the brain, such as violent exercise, intoxication, rage or the head being exposed long to a powerful sun; long and intense study; cold; fatigue; excessive venery; indigestible and poisonous substances received into the stomach; and the suppression of habitual discharges, are the *most frequent causes*.

It occurs most commonly during the progress of general fevers, particularly inflammatory and typhus fevers.

Inflammation of the brain is to be *distinguished* from inflammatory fever, by there being a much greater derangement in the mental functions and in all the organs of sense, in the former than in the latter. In inflammation of the brain, the symptoms (as pain and heat of the head, etc.) denoting the local affection, are often well marked before the pulse is much disturbed; in inflammatory fever, the pulse from the commencement is frequent, strong and rapid.

TREATMENT—The most vigorous depleting measures are requisite in this disease. It should be commenced by a copious blood-letting from the temporal artery, jugular vein or arm, through a large orifice, so that the blood may be rapidly extracted. Its extent and repetition must be regulated by the age and constitution of the patient, and by the severity of the symptoms, but the first bleeding should rarely be less than twenty ounces. This should be followed by the application of a dozen leeches to the temples; after which the head should be shaved, and cloths dipped in vinegar and water or iced water, be freely applied over it, and renewed as often as they show a tendency to become warm. The application of ice to the shaven head is here often of striking advantage.¹ At the same time some active purgative medicine, as No. 120, page 205 or No. 27, page 155, must be administered, and repeated every morning. If a looseness comes on, care must be taken not to check it; and the same care should be exercised in preventing a suppression of a bleeding from the nose, since these evacuations often act as the most efficient remedies in this disease.

Give directly Dr. Graves's mixture No. 87B, page 187. It is one of the most efficacious remedies; and at the same time active purging with the draught No. 27, page 155, should be kept up.

On the subject of bleeding in active inflammation, Sir Astley Cooper instructively remarks, in his lectures,—

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1. Sometimes the pain and heat in the head in this disease is so extremely great as even to cause cloths dipped in iced water to dry with astonishing rapidity; and then the *cold dash* should be had recourse to immediately. It consists in pouring a column of cold water upon the head, in a continued stream, from a height of from six to nine feet. The patient is to be seated in a large tub; a table is placed at the side of the tub, upon which a man stands, and at as great an elevation as his arms can reach, pours upon the naked head of the patient a steady but continued stream of cold or iced water, from a watering pot without the rose. The stream should fall as nearly as possible upon one and the same spot; but at first the elevation must be slight, otherwise the shock will be too violent. There is no degree of burning heat which the animal economy is capable of producing, and no violence of pain that can resist its continued application. It usually exerts its full effect in fifteen or twenty minutes. After it, the patient should be wiped dry quickly, and be put to bed. If the pain and heat return, recourse should again be had to this remedy.

"In our endeavours to reduce inflammation, we shall rarely find local means sufficient. Our chief means are constitutional, particularly in the inflammation of vital organs, and the first of these is blood-letting. It diminishes the momentum of blood, and weakens the nervous power, by lessening the quantity of blood going to the head; and as the effect of blood-letting depends upon the quickness with which the blood is drawn away, it is necessary, in employing the lancet, to make a large orifice in the blood-vessels selected for the operation. When considering the propriety of a repetition of the bleeding, little or no dependence is to be placed on the buffy appearance of the blood, since this is often accidental. This buffiness depends on the rapidity of the circulation, and you will witness a cupped state of the blood when the circulation is rapid, although no inflammation is present. A repetition of the bleeding is indicated by a continuance of the hard pulse, that is, by the rapid, contracted pulse. After taking away blood, you will sometimes have a full, throbbing, irritable pulse—it is worthy of particular notice, that this is not the pulse which indicates a second bleeding, but will be relieved by an opiate at night, and a purgative in the morning."

All stimulating liniments applied to the head or legs, with warm bathing of the feet, are of very doubtful advantage, and, in my opinion, ought not to be employed. Neither does blistering, on account of its stimulating operation, appear to me advisable at the commencement; but after the general excitement has been reduced by the foregoing evacuations, a large blister may be applied to the nape of the neck or between the shoulders, and often with much benefit.

Should the disease have followed a suppression of some habitual discharge, attempts to restore it must make part of the treatment.

During the whole course of the disease, the patient ought to be kept cool, and as quiet and undisturbed as possible, light being almost totally excluded. The diet should be the same as that recommended for inflammatory fever, it being absolutely necessary that it should be very spare, and consist merely of toast and water, and such like. Cold acidulated liquors, as lemon or orange juice, mixed with water, should be allowed with freedom.

Acute Inflammation of the Eye or Ophthalmia

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A little tincture of digitalis, given thrice daily, is valuable, after the violence of the disease has been subdued by the preceding remedies, to which the alterative pill No. 99, may be added every night, if bilious symptoms are present.

Acute Inflammation of the Eye or Ophthalmia

The *symptoms* are piercing pains confined to a point, as if occasioned by the presence of extraneous matter; great heat and redness; the parts swell, and the vessels of the eye not only increase in size, and become turgid, but appear more numerous than in their natural state. With these symptoms there are likewise great pain upon the least motion of the eye-ball; morbid sensibility to light; effusion of tears of an excoriating quality; and should the inflammation run high, fever attends.

After a longer or shorter continuance these appearances gradually abate or entirely cease; but in some cases, although the patient is left free from pain, tumour and symptomatic fever, yet the suffused redness of the eye, and the external marks of inflammation still remain, and long continue to exist after every other symptom has subsided, thereby showing that the *acute* inflammation has terminated in one that is *chronic*, that is, possessing a slow and subdued character in which weakness is apparent.

When the inflammation continues unrestrained in its force, small ulcers, and little collections of matter, are sometimes formed.

In general, the eye appears very red in this disease, but occasionally the inflammation is very deeply seated, when it may be making a quick and dangerous progress without any external redness being apparent, a fact that demands very serious attention. For it has happened that a surgeon on visiting a patient in such a condition, has thought his disease of no moment from there being little or no visible inflammation, and has only prescribed a common was, and five or six leeches on visiting him next day, he has been found with high fever, confined to his chamber, and unable to bear the admission of a ray of light. In this state the eye-lids have been

opened to inspect the eye more attentively, it has burst and discharged its contents, with a great quantity of matter! The deep-seated inflammation of the eye may be known by the patient's complaining of acute pain, and being altogether incapable of bearing the least pressure on the ball of the organ.

The *most usual causes* are external injuries, such as blows, contusions, and wounds of the eyes; extraneous bodies of an irritating nature, introduced under the eye-lids; exposure to bleak winds and cold; too free a use of vinous and spirituous liquors; suppression of accustomed discharges; long exposure to strong light; a fixed attention to some minute object, and inversion of the eye-lids.

It must be remembered that the inflammation now treated of is of an active character, acutely painful, rapid in its progress, and in which the eye cannot bear the light. It is also generally attended with fever, and is of short duration, for though the redness of the eyes may continue for a considerable time after the pain has greatly abated, and the fever wholly subsided, yet the disease has then become *chronic* or in other words, of a slow indolent character, the essence of which is weakness. This is a point worthy of attention, for by mistaking a chronic inflammation of the eyes for one of an active kind, and, in consequence, having recourse to the abstraction of blood, purging, and other debilitating measures, the eyes have been frequently irretrievably injured. The slow, indolent inflammation of the eyes, so, often witnessed, is known either by its having followed,—and become a termination of an acute inflammation or from its having arisen slowly; its being in both instances of some continuance, and unattended by that acute pain which denotes the present disease.

TREATMENT—The remedies for an acute inflammation of the eyes are the same as in other inflammations, and consist in bleeding, purging, the mixture No. 87B, page 187, calomel and opium, the use of cooling febrifuge medicines, and the employment of blisters. If the inflammation runs very high, a pint of blood should be taken from the arm; but, in general, the application of eight or nine leeches to the temples will be sufficient, they being re-applied after a short time, if the symptoms require it.

In very severe cases, however, it will be necessary to bleed from the arm a second, third or fourth time, and that within a short period, in order to prevent the total destruction of the eye. Some surgeons have advised, that the inflamed vessels should be scarified at the same time, but this, in my opinion, is improper in the early stage of the disease, as likely to create irritation and maintain the inflammation.

After this, calomel and opium, with a portion of tartar emetic, should be given as advised under *Inflammation of the Intestines*, and the purgative medicine prescribed in No. 73, page 176, may be administered, and repeated every morning; and a large blister be applied to the nape of the neck or a small one behind each ear.

The cooling febrifuge draught No. 24, page 153, ought to be taken every three hours; and the following lotion be applied to the inflamed eye constantly :

Take of Solution of acetate of ammonia half an ounce;
Hot distilled water 6 ounces;
Soft extract of opium 10 grains.

Dissolve the soft extract of opium in the boiling water; strain through linen, and add the acetated liquor of ammonia. Let it be applied over the eyes by means of linen rags, kept constantly wet with it, occasionally insinuating a little, between the eye-lids, by the use of an eye-glass.

No cold lotion should be used in the first stage, but when the violence of the complaint has in some measure abated, either of those marked No. 11 and 12, pages 147, may be employed, instead of the warm collyrium.

Acute inflammation of the eye is sometimes epidemic; and now and then is contracted from washing the face with foul linen or urine. Matter (pus) may be poured out abundantly. Dr. Mackenzie of the Infirmary, Glasgow, treats this disease with a wash, made by dissolving four grains of lunar caustic in one ounce of distilled water, and it is an excellent remedy. It should be dropped into the eyes two or three times a day. It has often been found superior to all ordinary eye-waters.

When our endeavours to check the acute inflammation are unsuccessful, and we are threatened with a rupture of the cornea or anterior membrane of the eye, which is known by the membrane losing its transparency, and a white ring forming round its circumference, it has been found highly advantageous to puncture the aqueous humour, by inserting the point of a common lancet into the anterior chamber of the eye. So much relief has always followed this operation, as to make it one of great moment when violent inflammation threatens to terminate in a rupture of the organ. It has been successfully used by Mr. Wardrop, and Mr. Ware, and appears to operate by the sudden removal of tension.

Every thing must be avoided which would occasion irritation. The patient should be kept quiet, and in a chamber where the light is partly excluded. At the commencement of very acute cases, the light ought to be wholly excluded; but when the patient is recovering it must only be moderated, and the eyes gradually brought to bear it in its usual strength. In the worst cases, the diet must be very spare, such as rusks, tea and barley-water; but in less acute examples, mild diet of vegetable food should be observed, animal food and all spirituous and fermented liquors, being avoided.

A moderate inflammation of the eye is often seen in persons who are, notwithstanding, able to go abroad, and transact their usual business, and which may continue for many weeks, months or years. In this case the eyes look red, and are occasionally painful, though not often acutely so; but there is little or no feverishness present, and the complaint seems wholly to be a disease of debility, since it is met with, for the most part, in persons of delicate health, and weakly habits, and is invariably most effectually removed by slight astringents, stimulants and tonics. This is what surgeons call a *chronic* or indolent inflammation of the eye, and requires the administration of some strengthening medicine, as the pills No. 102 or 103, page 196, during the day, with the pill No. 99, every other night, and the application of a stimulant lotion or ointment to the eyes. The eye water No. 15, page 148, is very useful; but, in general, there is no external application equal to the nitrated ointment of quicksilver, No. 89, page 188 or No. 92, page 189.

This should be applied night and morning, the pills being taken at the same time, and the general diet and regimen being such as tends to invigorate the constitution. No leeches should be applied here, as they would certainly aggravate the disease, though such treatment is sometimes pursued from not distinguishing chronic inflammation of the eyes from that which is acute.

Sometimes an acute inflammation of the eyes leaves behind so great a degree of weakness in those organs, that their vessels remain enlarged, and full of red blood, and, are altogether very weak and irritable. In such a case, the active inflammation has terminated in one that is *chronic* or passive, which will be most speedily removed by the use of mildly astringent and tonic medicines, combined with mercurial alteratives, as just recommended.

A drop of the wine of opium, dropped into the eye night and morning, is also a valuable remedy in indolent inflammation of the organ, especially, if there be a great deal of soreness and irritation present. This medicine made a great noise when first brought into notice, but it has of late unjustly lost much of its reputation from having been used in acute inflammation of the eyes, to which state it is not applicable.

Sore eyes or rather sore and inflamed eye-lids, are often very troublesome. One of the best modes of treatment is to wash the eyes thrice daily with an eye-water made by mixing together twelve grains of acetate of lead, one drachm of wine of opium, and six ounces of water; the following ointment being applied by means of the end of a straw, to the eye-lid night and morning:

Take of Ointment of nitric oxyde of mercury, . half a scruple;
Spermaceti ointment 1 drachm.
Mix them.

Intestines

This disease is denoted by acute pain in the belly, increased upon pressure, and shooting in a twisting manner around the navel; by

obstinate costiveness; tension of the abdomen; tenesmus or vomiting, etc., as the inflammation happens to be in the inferior or superior portion of the intestines; the vomiting being generally bilious, dark coloured or fetid. Fever likewise attends, with a quick, hard, contracted pulse, great prostration of strength, and high coloured urine.

The disease either gradually abates and goes off or terminates in ulceration or gangrene. It is often attended with considerable danger, and may terminate in gangrene in the space of a few days, and sometimes of a few hours, from its commencement. This event is marked by a sudden remission of the pain, sinking of the pulse, shrinking of the features, suppression of urine, hiccup, and distension of the belly. If the symptoms appear to yield to the means employed, the pain abating gradually, natural stools being passed, and the pulse becoming firm and equal, a favourable termination may be expected. A copious discharge of loaded urine, and an universal perspiration, are favourable symptoms.

The suppression of perspiration, by the application of cold to the feet or exposing the body to cold when over heated, etc.; acrid or irritating substances introduced by the mouth; obstinate costiveness; and violent passions of the mind, are the *most frequent causes*. It is most apt to occur at an advanced period of life, and is very liable to a relapse.

It is *distinguished* from colic by its being accompanied with fever, and a quick, hard, small pulse, and by the pain being increased on pressure, symptoms which do not occur in colic.

In inflammation of the stomach, the pain is seated higher in the region of the abdomen, and is of a peculiarly burning kind; the vomiting and hiccup are more severe; and the dejection of mind, and prostration of strength, much greater.

TREATMENT—Blood-letting is one of the chief remedies in this disease, and should never be neglected. It ought to be employed early and freely, according to the stage of the complaint, and the strength and age of the patient. In the commencement, blood should be drawn from the arm, and the operation be repeated to the second, third or fourth time, at intervals of a few hours, according to the

severity of the symptoms; it being always remembered that the abstraction of a certain quantity of blood within a short period is invariably to be preferred to withdrawing the same quantity at a long period. Indeed, two pints of blood drawn within twelve hours will frequently be of much greater service in acute inflammations, than three or four pints taken in three days. The application of fourteen or twenty leeches to the abdomen, should immediately follow the general bleeding, and be repeated as the symptoms may require. Purgative medicine must not be administered, since it is of importance to keep the bowels in a quiet state, until the inflammation is subdued. It is worthy of special attention, that in inflammation of the bowels, and other organs within the abdomen, the strongest purgatives will often fail of any effect until the inflammation is in some measure subdued by the other remedies employed. In such cases, obstinate constipation generally attends, and there is a danger lest the attention of the medical attendant, and the patient's friends should be too exclusively directed to the importance and removal of this symptom. I have known even physicians lay the entire stress of the case upon the unconquerable constipation, and direct all or a very principal part of their treatment to its removal, by the use of purgatives and clysters, to the neglect of free and continued blood-letting, and the other means herein recommended. In consequence of which the patients died, and when opened, extensive ulceration and mortification presented themselves. The fact is, that the constipated state of the bowels depends upon the inflammation, which must be subdued by the use of the lancet, and of calomel and opium, before it can be overcome; and, therefore, to treat a patient in this constipated state, complaining of great pain within the abdomen, chiefly or entirely with purgatives, clysters, the warm bath, and quicksilver, would be a very bad and dangerous practice.

Should the vomiting be continued and severe, it may often be allayed, so as to admit of the effectual administration of internal medicines, by giving the effervescent saline draught No. 24, page 153, occasionally or by the employment of the means pointed out under the article on inflammation of the stomach.

The purgative clyster No. 8, pages 146, may be injected; and the warm bath, together with warm fomentations, are very proper. Bladders filled with warm water should be hid over the whole surface of the abdomen; and when the general excitement has subsided, and the disease seems to be giving way, a large blister should be applied to that region.

But there are few remedies more powerful in subduing acute inflammation, within the abdomen, than calomel combined with opium, especially after the free employment of blood-letting. Indeed, this composition is a remedy of great power, in most acute inflammations of internal organs, and membranes of importance. It is of the first consequence in inflammation of the lungs, stomach, and liver, and in what is erroneously called, water in the head. Dr. Hamilton of Lynn Regis, in Norfolk, was one of the first physicians who made known its remarkable power in such diseases; and the late Dr. Armstrong of London, has well observed, that so great is its efficacy in many such cases, that it deserves to be written in *letters* of gold, and always to be borne in mind by medical practitioners. Sir Astley Cooper, in speaking of inflammation generally, says, "the treatment of inflammation has been improved of late, by exhibiting calomel and opium". I should, therefore, never trust to blood-letting, as the chief remedy in the active inflammations just noticed, but invariably combine with it the administration of tartar emetic, calomel and opium.

Take of Calomel	10 grains; .
Purified opium	10 grains;
Tartar emetic	2½ grains;
Opiate confection, a sufficient quantity to form the ingredients into a mass, to be divided into ten pills.	

One may be taken directly, after a full bleeding, and repeated every second, third, fourth or fifth hour, according to the urgency of the symptoms.

In the less severe cases of inflammation of the bowels, the use of these pills, together with a few leeches to the abdomen, a blister, and a low diet (the patient returning to his ordinary diet slowly and carefully), will usually be quite sufficient to remove all complaint.

Should the calomel show its action by producing, swelling of the gums, it must then be withdrawn, and the pills be continued of opium and tartar emetic alone.

Quicksilver was formerly a favourite medicine in this disease, no doubt from its supposed superior power of finding a passage through the bowels, when nothing else would pass; but as the inflammation is the cause of the constipation, and the latter symptom is only effectually to be overcome by subduing the former, this mineral can be of no use, and no physician of judgment now trusts to it.

The diet should be the same as directed for inflammation of the eyes, consisting of barley-water, tea and thin gruel.

Kidneys

The most prominent symptom of this disease is a deep-seated pain in the small of the back, increased on pressure; sometimes sharp and severe, sometimes heavy, obtuse or burning; often extending downwards, and attended with a retraction of the testicle, and perhaps numbness of the thigh. When both kidneys are affected, the urine is sometimes almost suppressed; and then comatose symptoms are apt to supervene. Generally the fever is high; and the stomach is usually very irritable; the urine scanty and high coloured. Pain is produced by pressure on the region of the kidneys.

TREATMENT—Blood-letting is indispensable in this disease, and the best mode of effecting it is by freely cupping over the loins. Give at the same time tartarized antimony and Mindererus's spirit, thrice a day, as in No. 78B, page 180; with which should be combined the use of compound powder of jalap. The bowels should be kept freely opened by the use of compound powder of jalap, half a drachm of which should be taken in water, and repeated every evening or oftener.

The effervescing saline draught No. 24, page 153, given occasionally, will be found an excellent assistant. The diet should be the same as for *Inflammation of the Intestines*.

Larynx

The *larynx* is the head or figured part of the wind-pipe, and is the organ of voice. It is formed of cartilage, that it may stand firm and uncompressed, either by the passage of the food or by the weight of the outward air.

This part is subject both to acute and chronic inflammation. The chronic inflammation sometimes forms a variety of consumption (*See* pages 458-60), and the acute inflammation of this organ is of a most dangerous character. Happily it is not a common complaint, and rarely occurs before puberty.

The disease sometimes commences like an ordinary sore throat, attended with hoarseness. Its chief *symptoms* are, pain in the upper and forepart of the throat, increased on pressure; a sense of stricture in the same part; harsh cough; difficult rather than painful swallowing; voice at first acute, then thick, hoarse and whispering, and at last completely suppressed; fever and quick, laborious respiration.

The difficult respiration and the inadequate supply of air do not long continue without very visibly affecting the appearance of the patient; great anxiety is depicted upon a pallid countenance; the lips become of a leaden hue; the eyes protruding and watery; the pulse quick and feeble, and the heat of the surface of the body diminishes. The patient is restless and apprehensive, and often feels on the point of suffocation. If he begins to dose, he soon starts up in a state of the greatest agitation, gasping for breath.

Paleness and a lividity of the complexion, and lethargy or stupor, are symptoms indicative of great danger.

An advancing period of life is a frequent cause in those who have suffered much from indigestion or from intemperance or anxiety. Exposure to cold or wet is often the exciting cause of the malady.¹ It affects chiefly those who are liable to ordinary sore-throats.

1. The illustrious American, General Washington,—a man of rare virtue,—died of this complaint, which came on in the night of a day in which he had been exposed to rain. It proved fatal within twenty-four hours.

The age of the patients ordinarily attacked with this complaint, which is much beyond that of puberty, with the severity and rapidity of the symptoms, especially the laborious respiration, extreme anxiety, and sense of suffocation, clearly *distinguish* the disease from all others.

TREATMENT—Give directly the emetic powder No. 123, page 206, the operation of which will sometimes arrest at the outset attacks of a very threatening character. *See* pages 419-20. This powder should be followed by the use of the mixture No. 78B, page 180, in such doses as will not occasion vomiting or nausea, but will promote expectoration, and give relief to the breathing.

At the same time, if the symptoms of laborious respiration and pain are severe, let the patient be freely cupped at the back of the neck: This is better than bleeding from the arm or applying leeches to the throat.

A remarkable result of this inflammation, is a serous effusion into the cellular tissue beneath the mucous membrane of the larynx, which greatly augments the danger, and the difficulty of cure or relief. Hereby the opening of the windpipe may be so contracted as speedily to cause death; from strangulation; but death much more commonly occurs from the blood becoming gradually depraved, in consequence of the extreme difficulty of inspiring air.

Blisters are of doubtful efficacy, but the application of hot water to the throat, as advised at pages 504-05, is often of marked advantage.

The operation of *bronchotomy*, that is, making an opening into the windpipe, promises to be of eminent service in this malady, and should not be delayed beyond a few hours, if the laborious respiration is extreme, and the symptoms of prostration of strength, quickness of pulse, and suffocating cough, do not yield to the general remedies.

Liver

An inflammation of the liver is denoted by tension, soreness and pain in the region of that organ, with pain about the right shoulder, difficulty of lying on the left side and a short dry cough.

If the disease is very acute, it commences with the ordinary *symptoms* of chilliness, succeeded by heat, frequent, hard pulse and a furred tongue; the bowels are irregular, mostly costive; the evacuations little tinged with bile; the urine often saffron-coloured; the skin dry; the thirst extreme, with occasional sickness.

When the symptoms are most severe, and we have reason to suspect that the disease is confined to the membranes, the duration is often short, and the termination is in most cases favourable. But when less active, and seated in the substance of the liver, it generally tends to suppuration; and if the convex side of the liver be the part affected, a tumour is visible externally, the cough becomes aggravated, and there is a difficulty of breathing. If adhesions have preceded the suppuration, the pus points to the skin, and the abscess opens on the surface; but if it break internally, it generally proves fatal by inducing a hectic fever, though sometimes, in consequence of fortunate adhesions, the abscess discharges itself into the hepatic duct, which terminates in the first intestines, and the pus (matter) is carried off by this channel.

This disease is usually divided into the *acute* and *chronic* inflammation of the liver, but as the second variety is what is popularly called a *liver complaint*, it will be treated of under that head, the affection now considered being the acute inflammation.

It is excited by all the usual *causes* of inflammation. People of a choleric and melancholic temperament are most liable to it; and it is far more frequent in hot than in cold or temperate climates. Exposure to the rays of the vertical sun, and to the damps of the night in sultry climates, are two of its most frequent causes.

TREATMENT—The treatment proper is very similar to that laid down under the next article. Blood-letting is generally found serviceable at the commencement, and should be repeated as the violence of the symptoms requires, and the strength of the constitution allows. Purgatives of Epsom and Glauber salt, and of calomel, as No. 120, page 205, should follow, and are considered particularly efficacious.

After these remedies have been employed, the calomel and opium pills prescribed under inflammation of the intestines, should

be given every three hours till the disease gives way, when they may be administered at longer intervals of four or six hours. In sultry climates, where the disease is met with in its most acute forms, and where it often runs on with an astonishing rapidity, much larger doses of calomel than are contained in those pills, must be given. Here four, five or six grains, with a quarter or half a grain of opium or three grains of Dover's powder, will frequently be required every second or third hour, until the symptoms are relieved, when it should be continued in smaller quantities. Professional men practising in hot countries, place more dependence on the powers of calomel in this complaint than any other means whatever.

Hot fomentations, the warm bath, and blisters, are proper; and the cooling febrifuge medicine recommended at page 183, No. 81, may likewise be employed with advantage.

The diet should be mild and small in quantity, the same as advised for the two preceding inflammations.

So long as pain on pressure on the right side continues, we must be on our guard, for chronic inflammation of the liver often remains after the acute symptoms have subsided.

Lungs

This inflammation is denoted by pain in the chest; constant and anxious difficulty of breathing, alleviated by an erect position; tumid, purple face or lips; distressing cough; a strong, hard and frequent pulse; pungent heat of skin and fever. These symptoms vary considerably in different cases. The difficulty of breathing is the most constant symptom, and becomes considerable in all cases as the disease advances. The pain is sometimes peculiarly acute and at other times heavy and dull, and it may be either in the right or left side or under the breast-bone, collar-bone, spine or shoulder-blades. The cough is often very distressing, being in some cases dry, in others attended with spitting. The pulse is very hard and strong; the thirst considerable; the tongue often dry, white and rough; the urine scanty and high coloured, and there is an anxious expression and dusky hue of complexion.

When the determination of blood to the head is very great, and marked by stupor in the commencement of the disease, the symptom is extremely unfavourable. Delirium is likewise a very dangerous symptom.

Inflammation of the lungs may exist with little or no pain, when the real nature of the case may be known by the constant difficulty of breathing, painful cough, presence of fever, and sometimes by the nature of the expectoration. In many cases this has an appearance quite characteristic, it is remarkably *glutinous*, and when received into a flat and open vessel, unites into so viscous and tenacious a mass, that we may turn it upside down without the expectorated matter being detached; and if we shake the vessel its contents vibrate like jelly, though in a less degree.

When inflammation of the lungs terminates favourably by a distinct crisis, the most common is a red or white sediment in the urine; and we should distrust any other, unless this also occurs at the same time. Next to this disposition, a sweat and moderate diarrhoea are the most common forms of crisis. A copious expectoration of mucus is also sometimes critical.

The most *common causes* are, exposure to cold; violent exercise; violent coughing; acrid vapours and dust received with the breath; to which may be added every thing which conduces to a full habit, as luxurious living, indolence, repelled eruptions, suppressed excretions.

The strong and plethoric, who use much exercise, and readily digest their food, are most subject to it; and it is generally most frequent in the colder, moister and more changeable weather. It is, however, common and fatal in old persons; and children are very subject to it. It is said that about three-fifths of the children that die in the hospitals between birth and the conclusion of the first teething, die of this disease, and chiefly in a latent or concealed state.

No inflammation is more easily renewed in those who have formerly laboured under it.

It is usual in systems of physic, to lay down the rules for *distinguishing* inflammation of the lungs from that of the pleura, heart, and membrane covering the heart, called *pericardium*; but

the symptoms, causes and treatment, are so nearly alike in all, as to make it unnecessary to treat of them distinctly in a popular work.

Pleurisy or inflammation of the pleura, is, perhaps, generally attended with more acute pain than inflammation of the lungs; and in an inflamed state of the heart, all the symptoms are commonly more severe.

TREATMENT—The first remedy had recourse to in this disease should be blood-letting, both by the use of the lancet and cupping or the application of leeches, provided the patient is young and strong, and the attack has lasted only a day or two, and the skin is hot, the tongue white, and the Tube *hard and not compressible*. If the pulse is soft and easily compressed, bleeding is not advisable. In London and other large cities, physicians now generally recommend a little wine and ammonia to be given immediately, even in those cases in which it is advisable to bleed. In large cities, half an ounce of good port or sherry wine may be given every three hours, especially where the nervous system is prostrated by the disease, so as to produce tremor of the hands, quivering of the tongue or dry brown tongue or delirium. In old persons, and those who have indulged too freely in wine, it is particularly indicated. In children it is not required nor in healthy localities in the country. As in inflammation of other vital organs, the bleeding at the commencement should be prompt and copious, the quantity -first drawn being rarely less than eighteen or twenty ounces, provided the patient is in good health, and not old. Immediately after the general bleeding, the cupping glasses or ten leeches, must be applied over the chest. The laxative draught No. 28, page 156, should likewise be given once a day, but, purging is here of no advantage. The cooling febrifuge mixture No. 81, page 183, may be advantageously employed, every three or four hours. In case of debility, the ammonia mixture No. 78D, page 181, is still better. Blisters to the chest are useful after the fever has been subdued by the above means.

Directly blood has been drawn envelope the whole chest in a large warm bath-like poultice. The warmth and moisture tend directly to relieve the difficulty of breathing,—the hot fevered skin

becomes moist and active, and the patient is sensibly relieved. Make the poultice of bruised meal, if it can be got; if not, of bread. Spread it half an inch thick at least, on a cloth or flannel, as broad as the circumference of the chest; and let it be deep enough to cover the whole chest from the collar bones to the sides below the ribs. Keep it in its place by means of a tape stitched on in front, and one behind, to tie over each shoulder. Renew it as often as it becomes at all cold, but never remove the poultice till another hot one is ready to go on. I have peculiar pleasure in urging the immediate use of this bath-like poultice, because it can at once be used at all ages, and in all conditions, with the greatest safety and prospect of benefit, by the mother of the family. Of course, an able medical man should be immediately sent for in so acute a disease as this, but the head of the family ought not to delay a moment in applying this poultice, it being in every case so suitable and soothing. The poultice must be kept on hot and hot till all pain is gone, and the breath can be drawn quite freely and easily.

When the fever, pungent heat of skin, pain, and difficulty of breathing are urgent, especially in patients in the country, and tolerably strong, blood-letting should be instantly had recourse to, and will prove a remedy of great power. But if the patient's constitution is weak and exhausted, and low fever is present, then blood-letting will do no good. If inflammation of the lungs has come on after extreme domestic anxiety and distress, whereby the general powers of the system have been prostrated or in a weakly habit or in old age, blood-letting should not be employed; then I much prefer an entire dependence on tartar emetic, and a little calomel and opium, together with the bath-like poultice.

The administration of tartar emetic is of great service in all inflammations occurring within the chest. It is trusted to alone in these complaints, by many French and Italian physicians, indeed, by many English practitioners also.¹ M. Peschier, of the Canton de

1. Its value as a powerful anti-inflammatory remedy "is now established by the united experience of the most distinguished British and continental practitioners. In our own hands, we have seen the most surprising effects produced by it". *Cyclopaedia of Practical Medicine*, vol. ii. p. 806-1833.

Vaud, has trusted entirely to large doses of this substance in such cases for many years past, and, according to his report, with admirable success. He does not bleed or blister, but immediately commences with giving the patient a table-spoonful of the following mixture, every two hours, in a tea-cupful of barley-water or tamarind tea.

Take of Emetic tartar	14 grains.
Water	6 ounces;
Syrup of saffron	2 drachms.
Mix.	

In general, the quantity of emetic tartar ordered in this mixture should be increased three grains a day, till the patient takes twelve, fifteen or twenty grains during the twenty-four hours; the dose of the mixture being still a table-spoonful every two hours. If much tendency to sweating occurs, three or four drachms of the sweet spirit of nitre may be added to the mixture; and should there be much uneasiness and sleeplessness, a drachm of tincture of opium may be mixed with it. The following are the usual effects of the medicine; the patient generally vomits after the second or third dose of the first mixture, and afterwards it either acts on the bowels or produces no other sensible effect than that of mitigating quickly the symptoms of the disease. M. Peschier remarks, that large doses of this article produce much less vomiting than small ones, which always give rise to great distress without beneficial results. I am very favourable to this plan. When we consider that a free expectoration is the means which nature often adopts for carrying off inflammation within the chest, and that the tartar emetic is a powerful expectorant; as well as corrector of inordinate vascular action, the plan appears evidently rational and well founded. I should, however, in general, prefer combining the tartar emetic with the calomel and opium above recommended, more especially in the severer cases.

As soon as we have obtained, by the use of emetic tartar, some amelioration of the symptoms, although but slight, we may in general be assured that the continuation of the remedy will effect

complete resolution of the disease, without any relapse; and it is in regard to this point more particularly, that the greatest practical difference between the emetic; tartar and blood-letting consists. By the latter measure, we often obtain a diminution of the fever, of the oppression, and the bloody expectoration, so as to lead both the patient and the attendants to believe that recovery is about to take place; frequently after a few hours, however, the unfavourable symptoms return with fresh vigour; and the same scene is not uncommonly renewed, often five or six times, after as many successive and large bleedings. On the other hand, these renewed attacks, under the use of the emetic tartar, are not witnessed.

The vapour of warm water should be inhaled frequently.

During the whole course of the complaint, the patient should be strictly confined to bed, and the room be kept quiet, and moderately warm. All kinds of animal food must be avoided, and the diet consist of light vegetables, with diluting drinks, as barley-water, tamarind tea, wine, etc. On recovering, constant care must be taken to guard against cold, and any irregularity likely to occasion a relapse, a circumstance very apt to take place.

Elderly persons, and those who have greatly weakened their constitutions by excesses, are sometimes attacked with a spurious *inflammation of the lungs*, which will not bear blood-letting or any other means of active depletion. The patient, in this case, is hot and cold alternately, feels giddy, and complaints of an acute pain in the head, especially when there is a teasing cough. He rejects all fluids, sometimes from paroxysms of coughing, and sometimes without; the urine is turbid, and of a deep red. The patient breathes quick and with difficulty; complains of a general pain throughout the entire breast, and as he coughs, discovers a *wheezing* to the attendants. The cheeks and eyes appear slightly inflamed; the pulse is small, often intermitting; and lying low or on one side, is peculiarly distressing.

The *treatment* of this spurious inflammation of debilitate subjects, consists in administering tartar emetic, and a mixture of sesqui-carbonate of ammonia and the tincture of squills in camphor mixture, as in No. 78A, page 180. When the inflam-matory

symptoms appear somewhat severe, the mixture No. 78D, page 181, should be given instead of 78A.

The mixture of tartar emetic No. 78D, as above recommended, is likely to prove of great benefit here, from its tendency to promote spitting, and occasional vomiting, which greatly relieves the lungs, and often cuts short the complaint. The treatment is very similar to that recommended for *suffocative* cough at page 409.

Blistering the chest is often of great advantage, but bleeding should never be employed; for this complaint consists rather in congestion within the chest than in positive inflammation. It is the *suffocative* cough of some authors, and, as was before remarked, is found only in the old or infirm.

The food must be mild, but somewhat more nutritious than can be allowed in true inflammation of the lungs.

Peritoneum

The bowels, and other organs of the belly are invested by a serous membrane called *peritoneum*, which lines the sides of the belly, and is sometimes inflamed, giving rise to the disease called *peritonitis*.

The chief *symptoms* of acute inflammation of the peritoneum are severe pain and tenderness of the abdomen, a contracted hard pulse, and costiveness. The legs are drawn up in order to relax the muscles, the breathing is hurried, and the least pressure of the bed-clothes is scarcely to be endured. Coughing induces agonizing pain. There may be a remission of pain, but the tenderness is constant. In the commencement, the urine is commonly scanty and high coloured. If it is *albuminous*, we may suspect disease of the kidneys; if it is pale and in large quantities, then we may suspect hysteria or neuralgic pain simulating inflammation of the peritoneum.

The usual *causes* of this inflammation are exposure to cold and excessive fatigue; sitting on damp ground; perforation of the stomach or of the intestines; irritation of the ovaries, and the use of drastic purgatives.

The inflammation of the peritoneum occurring in lying in women, called *puerperal peritonitis*, is an alarming species of this disease. The child-bed fever usually arises from this cause.

TREATMENT—The first thing to be done in grown persons is to have fourteen or sixteen ounces of blood taken from the arm, and then to cover the surface of the belly with fifteen or twenty leeches. After the leeches have fallen off, spread a light bread and water poultice over the belly, and renew it as frequently as it becomes cold. At the same time give the following pills of calomel and opium every four hours :

Take of Calomel	8 grains;
Purified opium	15 grains.
Mix, and, with mucilage of gum arabic, divide them into ten pills.	

The patient is not to be allowed to raise himself, on any account, into a sitting position; and the diet must be of the simplest description, such as gruel, barley-water, and tea.

In **CHRONIC INFLAMMATION** of the peritoneum, there is tenderness of the belly on pressures occasional or frequent pain, a sensation of fulness and tension of the belly, and very often an irregular state of the bowels, with unnatural evacuations from them. Throughout there is some fever, quickness of pulse, and progressive emaciation and debility. The face is pale, and there is an expression of languor and disease.

In these mild cases, a few leeches should be applied to the belly, and followed by a soft bread poultice; and the calomel and opium pills should be given about three times in the twenty-four hours—or three grains of grey powder and half a grain of opium, made into a pill with extract of henbane, may be given three times in the twenty-four hours.

If these means are not effectual, give the patient one drachm of sarsaparilla powder, in a wine-glass of tepid water, three times a day. Bihloride of mercury also is sometimes very effectual. See page 15.

Stomach

Burning pain at the pit of the stomach, increased on swallowing; rejection of every thing swallowed; hiccup; with oppression and dejection of mind, and high fever, are the *symptoms* denoting this disease. The pain is extremely acute, but is not always confined exactly to the region of the stomach, for it sometimes extends as low as the false ribs, and often shoots to the back. It is always much increased by even the slightest external pressure, and the vomiting is a more constant symptom than the hiccup. The pulse is frequent, small, contracted, hard, and sometimes intermitting. The thirst is urgent, and the bowels costive.

The depression of strength is more sudden and general than in any other inflammation. The patient complains of anxiety and anguish referred to the pit of the stomach, and actual fainting sometimes occurs.

The *causes* are the same as those that give rise to inflammation of the bowels, which have already been described. There is, perhaps, no cause of this disease so common as suddenly checking the perspiration by drinking cold fluids.

Spasm of the stomach is *distinguished* from inflammation by its being unattended with the sudden sinking of strength above noticed, by the pulse being natural, and by there being little or no increase of pain on receiving any thing into the stomach or on pressure.

TREATMENT—The treatment so nearly resembles that laid down for inflammation of the bowels, as to make it unnecessary to say much more here than what has already been said under that head. Blood-letting, calomel and opium, blisters, the warm bath, and clisters, are the chief remedies.

There is no case of inflammation in which bleeding is carried to a greater extent than in that of the stomach. Recourse must be had to it immediately the disease shows itself, and if the symptoms do not yield, it must be carried as far as the habit will bear. And so far from only letting blood when the pulse is full and strong, the smaller and weaker it is, generally speaking, the more necessary

does copious and early bloodletting become. After a large quantity of blood has been taken away, the inflammation will often suddenly disappear, but we must be prepared for a recurrence of the disease, which, to a greater or less extent, almost always happens. One of the calomel and opium pills (page 698) must be taken, at the same time, every three hours.

Purgative medicines are not applicable in the present case, but purgative clysters, as No. 8, page 146, may be frequently injected with advantage. When, however, the inflammation arises from over-distension of the stomach, the patient is often tormented with ineffectual efforts to vomit, in which case, endeavours should be made to relieve the stomach by the exhibition of purging medicine, since emetics are invariably inadmissible.

The warm bath and warm fomentations should be used freely; and after the excitement has been reduced by bleeding, etc., a large blister should be laid over the region of the affected organ, and repeated to the third or fourth time, if necessary.

The patient may, with advantage, drink freely of marshmallow tea, barley-water or gum water; and sometimes orange juice, diluted with water, forms an excellent drink in this disease.

There is a CHRONIC INFLAMMATION of the stomach (*chronic gastritis*) which merits serious attention, since it is a frequent complaint in this country, and is often mistaken for ordinary indigestion. In many instances the first *symptoms* are—acidity, flatulence, a sense of heaviness and oppression after eating, eructations, and transient slight pains in the region of the stomach. As the disorder advances, the pit of the stomach becomes somewhat tense, and sore to the touch, the distress becomes more and more troublesome after eating, and nausea or vomiting may occur an hour or two after taking food. The pain in the stomach is generally confined to one spot, and a sensation of pressure against the diaphragm or midriff; as if by a large ball, is occasionally experienced by some patients, whilst others complain of a feeling, as if a bar were fixed across the stomach, preventing the passage of food or drink into the stomach. In some instances, a fluid resembling the white of egg is copiously thrown up from the

stomach, and many suffer much from water-brash. The pulse is generally quick and tense; there is much muscular prostration, and great indisposition both to bodily and mental exertion.

All the usual causes of indigestion will give rise to it or it may be the consequence of the acute form.

It requires in many instances a discerning eye to distinguish this complaint from indigestion, the symptoms of the two affections so nearly resemble each other. When, however, the patient feels considerable pain *in a particular spot* in the region of the stomach, followed by vomiting soon after eating, and a severe feeling of *pyrosis* or water-brash, attended with a vermillion redness and tenderness of the tongue, especially of the sides and tip, and throat, and the individual becomes much weakened and emaciated, we may reasonably suspect the existence of *chronic* inflammation of the stomach.

TREATMENT—The proper treatment of this affection demands a very strict attention to diet, scarcely any thing being allowed, but the blandest, and certainly nothing but the most digestible, articles of diet, such as good cold black tea, barley or gum water, thin gruel, cold water, fluid preparations of sago, arrowroot, tapioca, boiled milk, and animal jellies. Good plain biscuit and rusks soaked in water or in milk and water, are excellent, but no solid articles of food, at least in the beginning, excepting the mildest and most easily digested vegetables (well boiled), such as asparagus, spinach, and brocoli. Sometimes a slice of roast mutton may be allowed at dinner. See the remarks at pages 345-49.

Leeching the pit of the stomach may be tried or a wet bandage; also the application of a blister over that part or friction with the tartar emetic ointment. I think very favourably of the powder of sarsaparilla, in the dose of a drachm, two or three times a day, in a wine-glassful of cold water. If this does not succeed, try the oxide of bismuth, taken united with ipecacuanha powder and extract of hop, henbane or hemlock, as in No. 103A, page 197. Ipecacuanha is a particularly appropriate and valuable medicine in this disorder, and it may generally be given very early, if simply combined with soap. Sometimes the patient will derive considerable

benefit from a pill, composed of a grain of blue pill, combined with three or four grains of extract of henbane or hemlock, which may be given every night, and repeated in the day, if the pain or general irritability calls for it.

If that does not answer, take the following pill of grey powder and extract of henbane :

Take of Grey powder	half a drachm;
Extract of henbane	half a drachm.
Mix, and divide into twelve pills. Take one every night or night and morning.	

Should it slightly affect the gums, this is an event which is usually coincident with a marked improvement in all the symptoms.

Dr. Eberle, of Philadelphia, recommends (*Treatise on the Practice of Medicine*, vol. 1, p. 97, 1831), a trial of "a weak emulsion of the balsam of copaiva," an article which (he says) I have used in a few well-marked cases of this disease with considerable benefit :

Take of Balsam of copaiva	1½ drachm;
Gum arabic powder	2 drachma ;
Syrup of lemon.	half an ounce;
Water	8 ounces;
Laudanum	30 drops.
Mix, and take a table-spoonful twice daily.	

But I do not think this half so efficacious as sarsaparilla powder in the day, and a grey powder pill at night.

The bowels should be kept regular by means of clysters of oil and warm water or minute doses of castor oil or draughts of cold water. The case of *chronic gastritis* cured by cold water, introduced in the *Appendix*; is worthy of much notice. I am certain the cold water system is of eminent service in this painful and frequent complaint.

THROAT OR QUINSY

The *Quinsy* is an inflammatory affection of the throat, denoted by swelling and florid redness of the back part of the throat, with difficulty of swallowing and fever.

The disease generally begins with an uneasy sense of tightness about the throat, and difficulty and pain in swallowing. On inspecting the back part of the mouth, the parts, as far as the inflammation extends, appear swelled, and of a more florid red than natural; and here and there, particularly on the tonsils, small white or yellow specks are often observed. While these remain of a light colour, and the pulse continues sufficiently strong and full, they never indicate danger. As the disease advances, the difficulty of swallowing and breathing becomes greater, the speech grows indistinct, the dryness of the throat, and the thirst increase; the tongue swells and is much furred, and the pulse is full, hard, and frequent. When the *symptoms* are considerable, the whole face partakes of it, the eyes are inflamed, the cheeks florid and swelled, the breathing is performed with difficulty, and the patient is obliged to be supported in nearly an erect position to prevent suffocation. Even delirium sometimes comes on.

The inflammation is generally confined to the parts which can be brought into view by opening the mouth; it sometimes, however, extends along the oesophagus or gullet, and occasionally to the windpipe. In the former case, the difficulty and pain of swallowing is very great; in the latter, the breathing becomes peculiarly difficult and distressing. In both, the danger is very great. Moderate fever, free respiration, swallowing not much impeded, the inflammation being of a vivid red colour, universal but gentle sweat, and a copious spitting or moderate looseness, coming on about the fifth day, are very favourable symptoms.

It is most apt to attack the young, robust, and plethoric; and is most frequent in spring and autumn. Cold, particularly if alternating with a high temperature or partially applied, especially if applied to the seat of the disease, is the *chief exciting cause*.

It is usually a mild disease. It is only in the highly predisposed that it assumes its more alarming forms.

It is readily *distinguished* from the putrid sore throat, since, in the latter disease, the redness of the tonsils is of a darker crimson colour, and covered with spreading alterations, and sloughs of an ash colour, while the fever is of a low typhous character.

An acute inflammation of the *larynx* or top of the windpipe, is sometimes met with, which may, by ignorant persons, be confounded with inflammation of the throat. *See* page 699-700.

TREATMENT—The first thing to be done in this disease, is to administer an emetic of tartarized antimony, as No. 29, page 156; and it may be repeated to the second or third time, in the course of twenty-four or thirty-six hours, should the symptoms require it. Emetics given early often put a stop to the disease more speedily and effectually than any other remedy, and seldom fail to bring considerable relief. Patients labouring under severe attacks of this disease have been snatched apparently from the jaws of death by an emetic. It is sometimes employed with advantage even after the formation of an abscess; for should the surgeon be unable to reach it, the exhibition of an emetic, if it is ripe, will almost always occasion its bursting. No one now need delay to take an emetic in sore throat.

After this, cooling purgatives should be given, as No. 73, page 176, and leeches be applied to the external surface of the throat. If the fever runs very high, it will be proper to take blood from the jugular vein or arm. Under all circumstances, the vapour of warm water should be freely inhaled several times a day. It may be drawn in through the spout of a tea-kettle or more effectually by the instrument termed an inhaler. The use of gargles is likewise proper. A very good gargle may be made by mixing three drachms of tincture of myrrh with seven ounces of infusion of roses; or by adding half a drachm of muriatic acid to seven ounces of barley-water. *See* also No. 57, page 169. If suppuration is unavoidable, the gargle should be mild, and used warm, and in large quantity, as the object in such a case is to promote a favourable suppuration. A very good gargle, for this purpose, may be made by boiling a few figs and linseed together in water, to which may be added a little mucilage of gum arabic.

A stimulant embrocation should likewise be rubbed on the neck and throat, as No. 45, page 163; and a large blister be applied near the seat of the disease. When the first blister fails, a second often succeeds. But should the quinsy be very severe, and the fever run high, with a hard, quick pulse, the blisters and embrocations ought to be delayed till the fever is reduced by the employment of emetics and purgatives; or otherwise the irritation occasioned by these remedies would be more likely to increase than diminish the inflammation.

Febrifuge medicines which determine to the surface of the body are also proper. One of the best of these is James's powder. Four grains of it may be taken twice or thrice a day, made into a pill with conserve of hips. Or the diaphoretic draught, No. 26, page 155, may be used in its stead.

When the swelling in the throat is so great as to threaten suffocation, the enlarged tonsils should be scarified by the surgeon, and if this fails to afford relief, the operation of making an opening in the windpipe (called tracheotomy) ought not to be delayed. In such cases, the most alarming symptoms are often the consequence of impeded respiration, and will disappear when a free passage is given to the air. This operation is not severe or dangerous.

In very severe cases, all kinds of animal food and fermented liquors must be avoided, and the diet be mild, spare and diluting, as recommended for inflammation. Plentiful dilution, by drinking of warm barley-water, thin gruel, and the like, is in all cases advisable. Should swallowing be wholly interrupted, the patient must be nourished by nutritive clysters of mutton broth and bread or decoctions of barley, oatmeal, and arrow-root, till by the most active means the inflammation of the throat is reduced.

When the quinsy has been severe, it is often succeeded by a considerable degree of debility. Nourishing food, and the moderate use of wine, are generally sufficient to restore the strength; but if the tendency to the disease has wholly subsided, a cold infusion of bark will be very useful. The relaxation of the throat left after the attack has gone off, may be removed by the use of one of the astringent gargles above mentioned.

In the slight cases of quinsy so often met with, the use of the volatile liniment, No. 45, page 163, with an astringent gargle, No. 56 or 57, page 169, a little purgative medicine every other day, as No. 74, page 176, and five grains of James's powder at night, will be sufficient to carry off all complaint. Should the disease be growing severe, a vomit of tartar emetic ought to be taken immediately.

I think I cannot close this part of the present article better, than with an extract from the observations of the late Dr. Baillie on this disease.

"I have but one observation," says he, "to make with regard to this disease, which is of some little importance. It is usual to endeavour throughout the course of it to prevent suppuration from taking place, by the repeated application of leeches under the angles of the lower jaw. It is certainly very desirable that suppuration should be prevented, and that inflammation of the tonsils should gradually subside by resolution; I have found, however, by experience, that suppuration is by such means very often not prevented, but only that inflammation proceeds more slowly to this issue. Hence the patient suffers for a considerably longer time; and the suffering in this disease is often very great. If, therefore, one or two applications of leeches do not lessen materially the inflammation of the tonsils and palate, I should recommend the progress of the inflammation to be encouraged by the inhaling of warm vapour into the mouth, and the application of poultices to the external fauces. In this way the disease will go through its progress more quickly, and the patient will suffer much less."—Dr. Baillie's *Posthumous Writings*, p. 175.

INSANITY OR MENTAL DERANGEMENT

Insanity is well known to mean unsoundness of mind. In referring to a general division, for the sake of perspicuity, we may remark, that there are two states of insanity; the one state is characterized by an unrestrained behaviour; by an irritability which urges on the patient in an extravagant pursuit of something real or imaginary, to the ruin of himself or annoyance to his friends; and ultimately

leads him, if opposed in his disordered wishes, to acts of extreme violence. This is what many physicians call MANIA OR MADNESS; and others, the HIGH OR STHENIC form of insanity.

The other state is marked by an unusual lowness, sometimes amounting to despair, a loathing of life, and every thing connected with it, accompanied too often by an uncontrollable effort of the patient to rescue himself, by his own hand, from his real or imaginary distresses. This is the MELANCHOLY of some authors, and the LOW OR ASTHENIC form of insanity of others.

Mental derangement is generally divided by medical men into MADNESS and MELANCHOLY, and I shall say a little on each of these heads separately. But first it will be advisable to make a few remarks upon certain points which are equally applicable to both these forms of insanity.

It is very commonly supposed that the intellect or reasoning faculty is chiefly or even solely, disordered in persons afflicted with mental derangement, but this is a great mistake, for many cases are to be met with in which it consists in a morbid perversion of the moral affections, without, at least, any perceptible lesion of the intellectual faculties. Pinel, the late able physician of the Bicêtre, a large lunatic asylum in Paris, was the first person who distinctly noticed this fact; and Esquirol, a Parisian physician who at the present day practises extensively in lunatic cases, and who possesses a superior judgment, says (*Diction. des Sciences Medicales*, tom. xvi). "This moral alienation is so constant, that it appears to me to be the proper characteristic of mental derangement. There are mad men in whom it is difficult to discover any trace of hallucination, but there are none in whom the passions and moral affections are not disordered, perverted or destroyed. I have in this particular met with no exceptions."¹

1. "A return to the proper and natural state of the moral affections, the desire of seeing once more children or friends; the tears of sensibility; the wish manifested by the individual to open his heart and return into the bosom of his family, to resume his former habits, afford a *certain indication* of cure, while the contrary dispositions have been marked by approaching insanity or the symptoms of a threatened relapse. This is not the case where there is merely a disappearance of the hallucination, which then only is a certain sign of convalescence, when the patients return to their natural and original affections."—*Esquirol, in Diction. des Sciences Medicales*, tom. xvi.

In conformity with this view of the subject, the following divisions of insanity (extracted from the *Cyclopaedia of Practical Medicine*, vol. ii. p. 826, 1833) appear to me peculiarly just and valuable.

“1. *Moral insanity* or madness consisting in a morbid perversion of the natural feelings, affections, inclinations, temper, habits, and moral disposition, without any notable lesion of the intellect or knowing or reasoning faculties, and particularly without any maniacal hallucination.

“2. *Intellectual insanity* or madness attended with hallucination; in which the insane person is impressed with the belief of some unreal event as of a thing which has actually taken place or in which he has taken up some notion repugnant to his own experience and to common sense, as if it were true and indisputable, and acts under the influence of this erroneous conviction.”

3. *Incoherent madness*. This is another well marked division, “in which the whole mind, if we may use the expression, seems to be equally deranged. The most striking phenomena in this form of the disease are the rapidity and disorder with which the ideas follow each other, almost without any discoverable connexion or association, in a state of complete incoherence and confusion. It is impossible to fix the attention of the patient long enough to obtain a reply to the most simple question. His understanding is wholly lost in the constant hurry, of ideas which crowd upon him, and which appear to exceed the power of distinct utterance, while his habits betray a corresponding degree of restless activity and extravagance.”

The *causes* of this disease are a changeable climate, subject to great atmospherical vicissitudes; extremes of heat and cold; intense study, especially where the efforts of the mind are directed more exclusively in one channel; intoxication; prostitution (a twentieth part of the insane females admitted into the Salpêtrière Hospital, at Paris, are previously prostitutes); the excessive ascendancy of the factitious passions, as self-interest, ambition, pride, avarice; the struggle between the principles of religion, morality and education, on the one side, and the passions on the other; hereditary

disposition; child-birth; menstrual irregularities; epilepsy, a fruitful source; the abuse of mercury, etc.

The passions and emotions most productive of this complaint are love, fear, fright, rage, ambition, reverse of fortune, and the greatest of all, domestic chagrin or family dissension. The combination of moral and physical causes is much more commonly the origin of insanity, than either of them singly. Some medical men consider the moral causes to predominate far, in number and force, over the physical; others look upon bodily disease as the chief foundation of the complaint in the generality of instances. In the great majority of instances that I have seen, considerable bodily disorder has been not only coincident with the mental malady, but its precursor.

Whether the derangement assume the form of madness or melancholy, is owing rather to the constitutional disposition of the individual affected, than to the nature of the exciting cause; for the causes above noticed are alike applicable to both forms of the diseases, sometimes giving rise to one modification and sometimes to the other.

It is undoubted, that the more tranquil a country is, and the less agitated by "the pride of life", the inordinate desires, and the many wants of civilization and refinement, the less frequent we find the present malady. Therefore in Turkey, Egypt, Russia, etc., the number of the insane is very small and in France and England very large.

Insanity on the increase in England. Nervous affections, including, of course, among them insanity, have alarmingly increased of late years in this country. The fact must be obvious to those whose situation and avocations give them an opportunity of obtaining an insight into the present conditions of society. The medical profession appears conscious of the evil, and yet are fearful of admitting its existence. In hesitating to grapple with the common enemy, we allow it to obtain possession of the citadel. We are like soldiers sleeping at our posts, instead of being actively employed in watching for the first appearance of the foe. The stream is allowed to flow until it swells into a torrent, sweeping everything away

that attempts to impede its progress. It is painful to contemplate the encroachments that this the most terrible of human afflictions is making among the ranks of the British aristocracy. It may be said that there is no public record of this fact, that the general and medical press are silent on the point. This may be the case, but it should be recollected that it is not in such channels that information relating to the increase of mental disease in the upper walks of life is to be obtained. Sufficient sources of information enable me to state as a fact, that the public is but little aware of the awful extent to which insanity has increased in England. Many causes operate in keeping the public mind ignorant of this fact. Insanity is supposed to cast a stigma, and leave a stain, on any noble or aristocratic family in which it may make its appearance; consequently, they are most desirous of concealing the existence of any such ailment when it unfortunately develops itself. The origin of the evil is to be sought for in that artificial state of society which grows necessarily out of constant advancement and civilization. We multiply our comforts, and by consequence our cares and crosses. We beat out and expand our minds as it were, and thus create a more extended surface for impression.

The *causes* of insanity do not always act directly on the brain; more frequently, on the contrary, they are preying on some organ at a distance; the nervous, sanguiferous or lymphatic systems, the digestive organs or the organs of generation, being the primary seats of the evil. M. Pinel the distinguished French physician and writer on this disease, before mentioned, refers the *immediate cause*, in almost every instance, to a deranged condition of the stomach, and other digestive organs. It is here he supposes the disease to commence, and contends that the affection of the brain, and of the mental faculties, is subsequent to the symptoms of internal irritation, and dependent upon them. This opinion in some degree corresponds with the results of my experience; we must not, however, lose sight of the influence of the congenital size of particular organs of the brain, and the augmentation of that size, in the production of insanity.

In order to render my opinion on this important point quite clear, I would add, that there appears to me the most substantial

reason to believe, that mental derangement is mostly a symptom of disease in the brain, either slight or severe; but then that cerebral disease will be always much influenced by the patient's general health, so that if the person in whom there is cerebral disease pursues a proper course of living, and can have his digestive functions, and the secretions of other organs, brought into and kept in a healthy state, he will usually escape insanity. It is a fundamental principle, that the brain is the organ of the mind,—the mind never manifests itself in this world except through the instrumentality of this corporeal organ, and therefore the condition of this organ must always influence the quality of the mental manifestations; mental derangement is, therefore, a disordered state of the functions of the brain, arising from some existing diseased action in that organ, and also from considerable derangement in the functions of digestion.¹

The disease is either continued, intermittent or remittent. A certain change in the countenance, with a sense of general lassitude; sleep; natural appetite; softness of skin; freedom of the secretions and excretions; and a return of moral feeling, are indicative of approaching recovery. This will be perfect, if, with the return of reason, the patient resumes his usual affections, habits, and general character. But if, on the other hand, the sleep, the appetite, the secretions and excretions, come back to their usual healthy standard, without a corresponding sanity of mind, the disease is likely to pass into a chronic state or fatuity itself.

Cures are affected in about one in three cases. It is in the first month that there is the greatest probability of success. It would appear that in the first two years of insanity, the greatest number of cures are performed. That the medium curable period is somewhat less than a year. That after the third year there is not above one in thirty cured. The most favourable epoch of life for

1. Dr. A. Combs's *Obser : on Mental Derangement* is a very able work, in which the reader will find this point, and many others of equal moment, treated in a masterly manner. At the same time I ought not to fail remarking, that this author is far too much disposed in his writings to magnify the weight and importance of *physical causes* in the production of certain effects, to the exclusion of *moral causes*. This is a very great error.

the cure of the disease is between the age of twenty and thirty. After fifty there is little chance. Madness is more frequently cured than melancholy.

In all mental aberrations, if bodily indisposition is not apparent, the chance of cure is hereby diminished.

It has long been a current opinion, that insanity is a disease more common to our own country than to any other, but it appears to have no solid foundation. Dr. Burrows, of London, has collected a great deal of information on this point, and he considers that the disease is not more frequent in England than in several of the neighbouring continental nations. From the table collected by Dr. Burrows it appears, that suicide is much more frequent in Paris, Berlin, and Copenhagen, than in London.

Madness

The *principal symptoms* are an altered and peculiar appearance of the eyes, protruding and wild; rapid and successive change of features; unusual vigour and uncommon agitation of the whole muscular powers; insusceptibility to extremes of heat and cold, and to the influence of contagious diseases; insensibility of the skin, stomach, and bowels, hence obstinate costiveness; absence of sleep; high bounding spirits; erroneous imagination, incessant talking, singing, shouting, etc.; obscene language and gestures; sometimes excruciating pain, denoted by frequent change of posture, heating the forehead, breasts, stomach, sides or belly; eructations of wind from the stomach of a very peculiar fetor; high coloured urine; delirium. The skin is dry, harsh and cold, sometimes with partial, cold, and clammy perspirations; breath hot and offensive; hurried respiration.

The most common period of attack is between the ages of eighteen and forty.

Madness very frequently terminates in the opposite form or melancholy. Chronic incurable derangement or fatuity, embraces a large proportion of its subjects.

The *causes* are detailed above and the distinction between this

form of insanity and melancholy, may be readily perceived by comparing the symptoms of the one with those of the other.

TREATMENT—One of the first things to be done in all cases of insanity, under whatever form it may appear, is to separate the patient from his friends and home, as this separation is invariably conducive to recovery. Foreigners are more certainly cured in England than the natives; and strangers sent to Paris for treatment are more readily restored to reason than the inhabitants of that city.

The judicious exercise of the faculties conduces much to recovery. This must be done by exciting the patients' attention—by presenting new objects to their contemplation—by giving way, in some measure, to their hallucinations. If by these means their confidence can be gained, the probability of cure is much increased. The passions also must be carefully managed. The proud and rebellious passions and emotions must be tamed and kept in subjection, while the timid and melancholy are to be dissipated by encouragement. It is sometimes proper to substitute a real for an imaginary grievance. Suppose a melancholic is devoured with *ennui* in the midst of the pleasures and enjoyments of life—if we withdraw him from his usual habits, and impose on him real privations, he will then suffer real *ennui*, which will prove a powerful means of cure.

Travelling is often of extraordinary benefit; and so is active corporeal exercise. A farmer, at a distance from London, gained great reputation for the cure of insanity, by taking his patients into the fields, and compelling them to draw the plough, a practice that proved of much service. Every maniac should have constant employment, especially in gardening or agriculture.

The clothing should be warm and comfortable; and the food prevented from being devoured with voracity. In the majority of cases, a plain and regular course of living is essential. Patients accustomed to wine ought not to be wholly debarred from it. When the symptoms of indigestion exist, a suitable diet must be enforced. When exhaustion is apprehended from a long continuance of high excitement, the most nutritious food should be given.

A principal object in the medical treatment is to procure for the patient sound and refreshing sleep, and the endeavours should be directed towards insuring it for many nights consecutively. If it can be insured by exercise and regimen, they will be the best means, but if not, soporific medicines should be given, but no opium, except in the form of muriate of morphia. Camphor, extract of henbane, and James's powder, combined in large doses, is frequently a valuable form for the purpose.

Take of camphor, from a scruple to half a drachm; spirit of wine, a few drops to dissolve the camphor; James's powder, six or eight grains; extract of henbane, twenty grains.—Mix and divide into five or six pills, to be taken about seven or eight o'clock. Or the whole may be put into wafer paper and swallowed.

Camphor alone, in large doses, has been highly extolled as a remedy in this disease; but it is still more efficacious in combination with henbane and hop, as in the following draught, to be taken at bed-time:

Take of Tincture of henbane	30 drops;
Tincture of hop	2 drachms;
Camphor	10 grains;
Syrup of orange peel	2 drachms;
Camphor mixture	1 ounce.
Mix for a draught.	

The employment of soporifics is frequently called for in all mental affections, and is often found to be of the greatest service in relieving and curing the patient. If sleep can be artificially induced, the threatened affection may be sometimes retarded and even altogether prevented; and when it has actually established itself, the judicious application of a narcotic will frequently act as a charm. The muriate or hydrochlorate of morphia or the acetate of morphia, are the most valuable remedies we possess for calming excitement. The usual dose of either of these preparations is half a grain, mixed with extract of liquorice and given at bed-time. Dr. Seymour says, that he has had the opportunity of testing the

efficiency of the acetate of morphia in numerous cases of insanity, characterized by a gloomy despondency, and a strong disposition to suicide. In suicidal cases, it seems to exercise an irresistible influence over the patients in preventing them from doing mischief, when fairly brought under its power.

When kept steadily under the influence of opium or other soporifics, the brain is rendered in some measure insensible to those morbid impressions, which have a constant tendency to disturb it. Though the patient may not be restored to reason, yet the irregular mental movements are much repressed and the proverbially cheering influence of the drug restrains the tumult of the feelings, and induces a better condition of the brain.

The following testimony to the value of chloroform in insanity is given by Dr. Henry Thompson, Visiting Physician to the Omagh District Lunatic Asylum :

"I wish to add to the information already acquired on the subject of the internal administration of chloroform, as a narcotic and tranquilliser of the nervous system, that it has been used with marked advantage in the Omagh District Lunatic Asylum, in cases of insanity complicated with sleeplessness or rather noisy wakefulness, at night. In such cases we have been in the habit of giving it in dram doses, repeated if requisite and it has proved so much more efficacious than any of the other narcotics, that it has almost entirely superseded them. No unpleasant effects of any kind have been observed to follow its use. I was led to recommend it in these cases by experience of its value in delirium tremens, as suggested by Dr. Butcher some time ago, and I have now no hesitation in saying, that it is a perfectly safe and powerful remedy for conditions of the nervous system such as I allude to."

When the patient falls into convulsions, ammonia should be held near his nose, that he may inhale it, as it has considerable effect in removing the convulsions. It possesses another excellent power also, that of inducing patients to take their food.

Purgatives are of considerable use, especially those which act on the liver, and those which tend to produce the piles; such are

combinations of calomel and jalap, and calomel with aloes. Four grains of calomel may be united with a scruple of extract of jalap or with eight or ten grains of aloes. Maniacs require large doses of purgatives, and sometimes more than what is now ordered will be necessary. The warm bath, at about ninety-six degrees, every other day; is likewise sometimes very useful, but the cold bath rarely so. When, however, the patient is young, robust, and complaining of internal heat, the cold bath may sometimes be beneficial. The cold shower-bath is often a very useful remedy.

Strong and repeated emetics are often very efficacious, especially when the sensibility is greatly diminished, and torpor prevails. Setons, issues or frequent blisters, are useful where there has been a sudden disappearance of some local disease, the head directly becoming affected. They are also indicated when there is apparent disease in the stomach, bowels, womb, etc. The extraction of a little blood occasionally, from the seat of pain, by means of leeches or cupping, may be useful; but the lancet should never be employed. The most experienced physicians strongly condemn it.

In insanity following child-bed or typhous fever, excessive bleeding or great fatigue, if great irritability is present, the bark will often be of the greatest service; but the bowels must be kept open at the same time, with small doses of the mixture, No. 74, page 176.

Swinging has been recommended by Dr. Cox, of Bristol and other practitioners. It appears more particularly useful in cases accompanied with high excitement, and after proper evacuation, by purging, etc. ; and in those which are fast verging to a chronic state.

Melancholy

The chief *symptoms* in a strongly marked case of melancholy are great apathy; obstinate disposition to dwell upon some mournful topic; sleeplessness; pertinacious silence, and other symptoms of morbid intensity of thought; the pupils of the eye dilated, with a peculiar dull muddy look, often employed in a fixed, unmeaning

state or vacancy; general slight nervous thrilling of the muscular powers; anxious solicitude, and importance attached to frivolous inconveniences, especially regarding the sufferer's health; love of solitude; dread of death, and fear of eternal punishment. In general, there are well-marked symptoms of indigestion, such as pallid complexion, dull eye, languid circulation, loss of appetite, furred tongue, disturbed and restless nights, sometimes attended with fever, debility, frequent sighing. Frequently there is a relaxation of the scalp.

Melancholy rarely attacks young athletic persons. It is most common after forty.

The general *causes* have already been pointed out. Debility, with disorder of some important abdominal organ, as the stomach or intestinal canal or womb, is the usual foundation of this form of mental aberration.

For the symptoms *distinguishing* melancholy from hypochondriasis, see the latter article.

TREATMENT—The place of retreat and security should be light, airy, pleasant, and cheerful; and the same attention should be paid to the patient's cleanliness, and to the procuring of regular stools, and discharge of urine, as in the first form or madness.

The cure is to be attempted by enforcing regular and active exercise, and by the exhibition of mercurial alteratives, as the pill No. 99, page 192, every night, gentle emetics, purgatives, tonics, and soporifics; by morphia and proper moral management.¹ Gentle emetics of emetic tartar and ipecacuanha are particularly indicated,

1. "Drs. Duncan, Perfect, and Osiander, have strongly recommended the use of camphor in that form of melancholy and mental disturbance, which not unfrequently occurs during the period when the sexual feelings are developed. A more important remedy is the application of cold to the occiput and nape of the neck. Frequent ablutions with cold water is the simplest and most effectual method; occasionally, too, the local detraction of blood by leeches or the cupping-glasses, may be of great service."—*Johnson's Medico-Chirurgical Review*, No. xii, p. 213. A bladder of ice applied to the back part of the head and nape of the neck, is still more efficacious than cold water. If ice cannot be procured, the coldest water and vinegar mixed together, in the proportion of one-third vinegar and two-thirds water, should be used.

where there is such torpor of the abdominal viscera as shows oppression, rather than exhaustion of the vital powers. Constipation must be removed by a suitable aperient of colocynth, calomel, and James's powder, etc., as No. 97, page 191; and the aperients must be so managed as simply to act as such from day to day, and not to debilitate. Sometimes, however, active purging with No. 74D, page 178, is more useful, as when the strength is little impaired. If there is an obstruction to the usual monthly discharge in women, a combination of aloes, assafoetida and James's powder, is particularly useful :

Take of Socotorine aloes, in powder	10 grains;
Assafoetida gum	10 grains;
James's powder	5 grains;
Mucilage of gum arabic, a sufficient quantity to form the whole into five pills.	

Take three or four every night or every other night, so as to preserve the bowels in a regular state.

Tonic remedies will generally be required. Among the most useful tonics here are ipecacuanha, cascarilla bark, gentian, columba, and Peruvian bark. Cordials are also indicated, especially the aromatic spirit of ammonia. For prescriptions, see No. 79, 82 or 85, pages 181-85 or No. 104, 106, pages 197-98.

Soporifics are very beneficial, as it is of much consequence to ensure beneficial sleep; but opium must not be employed. Now and then we may with great advantage give a third or half of a grain of muriate of morphia. The best soporifics are camphor, extract of henbane and James's powder, and the tepid shower bath used just before going to bed.

Mild purgatives, and the extract of henbane, combined with camphor and sometimes with James's powder, are the most efficacious remedies in insanity following child-birth. As soon as they can be commenced, tonics are often of great service; one of the best is the carbonate of ammonia, given in an infusion of

columba or cascarilla. Exercise should not be neglected.¹

Local pain, and disturbance in the stomach, sides, belly or head, must be combated by frictions with the flesh-brush, by repeated blisters upon spots at a moderate distance and by the administration of the extract of hemlock.

The warm bath is sometimes a useful remedy. I believe it is said, that in the Retreat, near York, more benefit has been derived from the employment of this remedy than from any other.

The exercise should be of an active kind, and gestation in new bad roads is excellent. All employment should be as opposite as possible to former occupation and diametrically opposed to the ruling topic of conversation or of thought. All hurtful instruments must be removed. The diet should be the same as directed for madness, only in general somewhat more nutritious.

Travelling and constant employment are equally applicable in melancholy and in madness, and are worthy of the highest confidence.² It is remarkable how much the subject of travelling is disregarded in professed Treatises on Insanity. In one of the latest and most popular books on the subject no mention whatever is made of travelling; yet in point of fact it is generally of far more value than all other remedies put together. Even an entire change of place and society will frequently cure the patient, without travelling.

1. Dr. William Hunter, a very able midwifery practitioner of the last century, says, in referring to the insanity of women in childbed, "Mania is not an uncommon appearance in the course of the month, but of that species from which they generally recover. *When out of their senses, attended with fever, like paraphrenitis, they will in all probability die*; but when without fever, it is not fatal, though it (that is fever) generally takes place before they get well. I have had several private patients and have been called in when a great number of stimulating medicines and blisters have been administered, but they have gone on as at another time, talking nonsense, till the disease has gone off, and they have become sensible: It is a species of madness they generally recover from, but I know of nothing of any singular service in it." The meaning of Dr. Hunter is, that there are *two forms* of puerperal or child-bed insanity: one of them is attended by fever or rather by a rapid pulse; the other is accompanied by a very moderate disturbance of the circulation or no fever. Cases of the latter kind, which happily are by far the most frequent, terminate in recovery; the former are generally fatal, do what we will:—and this seems to be supported by the general observation of practitioners.
2. Boswell states, that Dr. Samuel Johnson observed to him, "employment and hardship prevent melancholy," an opinion in which he was perfectly correct.

Firmness on the part of the attendant, with conciliatory manners, has done wonders, but a sense of authority must be maintained; though occasional severity should be necessary for this purpose; yet it will rarely be needful to exceed the coercion of the strait waistcoat. The immediate attendant must learn to govern by wisdom rather than subdue by terror. Judicious conversation and cheering advice are also of great importance. In many cases, the cure mainly depends upon withdrawing the patient's mind as much as possible from every former scene and every former companion, in setting before him a new world and giving an entire change to the current of his recollections and ideas.

What is said at the end of the article on *Epilepsy* is applicable to the present afflictive malady, in whatever form it may manifest itself, and I would, therefore, direct the reader's attention to it, and especially to the recorded cases of cure from a recourse to the extraordinary means there alluded to.

ITCH

The itch is an eruption of minute pimples, attended with an intolerable itching, and terminating in scabs. The pimples may contain either a white or yellow matter (pus) or a thin watery fluid and these are frequently intermixed. The eruption is found chiefly between the fingers or in the flexures of the joints and is contagious.

As a *primary* disease, itch is, in every instance, the result of personal uncleanness and an accumulation of sordes upon the skin, though the most cleanly are capable of receiving it by contact; and it always appears most readily where close air, meagre diet, and little exercise, are companions of personal filth. In camps and prisons, where the constitution has been debilitated by confined air and innutritious diet, the eruption has sometimes been known to assume a malignant character.

Some very able physicians have considered the presence of insects to be the sole cause of itch, but I believe them to be the effect and not the cause of the disease, as all stagnant fluids sometimes generate microscopic animals; and this is the general

opinion among medical men. Such insects are not always to be traced in this complaint, but are undoubtedly to be seen occasionally.

TREATMENT—The remedy which has been employed with the greatest success in the cure of this disease is sulphur, which is made into an ointment with hog's lard, and rubbed over the infected part every night. The sulphur ointment sold by the druggists may be used in this way and washed off in the morning; a few such applications being, in general, sufficient to cure the disease. The following is a very efficacious ointment, which may be employed in the same way as the simple sulphur ointment.

Take of Sulphur, bay-berries, in powder
 sulphate of zinc, of each 2 drachms;
 Essence of bergamot 10 or 20 drops;
 Olive oil, a sufficient quantity to make an ointment.

These are the safest and most effectual applications. But when it is impracticable to employ them, the following lotion is recommended.

Take of Muriated quicksilver half a drachm;
 Water 1 pint;
 Sal ammoniac 2 drachms;
 Purified nitre half an ounce.

Mix. The hands are to be washed with this solution night and morning and a little of it is to be applied with a clean sponge to the pustules and other parts.

If it be practicable, a warm bath may be advantageously taken every other day till the patient is well. And when the constitution has been influenced, aperient medicines, as No. 73 or 74, will also be necessary and ought not to be neglected. Sulphur taken internally is often highly advisable.

JAUNDICE

Jaundice is characterized by yellowness of the eyes and skin, whitish or clay-coloured stools, and dark saffron-coloured urine, which communicates a saffron dye.

It comes on with languor, inactivity, loss of appetite, bitter taste in the mouth, lowness of spirits, and costiveness or looseness. As it advances in its progress, the skin and eyes become tinged of a deep yellow; there is a sense of heat and pricking in the skin; nausea; vomiting; sense of uneasiness or pain in the bowels and towards the right side and other symptoms of indigestion. The stools are of a clay-colour or white or very dark; the pulse is generally slow, yet sometimes, especially where the pain is acute, it becomes quick and hard and there is a feverish heat and dryness of the skin. It may be distinguished from disease of the renal capsules by the means pointed out under *Bronzed Skin*.

The disease, when of long continuance and proceeding from a chronic affection of the liver or other neighbouring abdominal organs, is often attended with dropsical swellings and sometimes with dropsy of the belly.

Jaundice is of two kinds, viz., the yellow and the green. In the first kind, the skin and the white of the eyes are more or less tinged of a yellow colour; in the second kind, the skin and the white of the eyes are tinged of a green colour, more or less mixed with yellow, but the green colour is very predominant. In some parts of the skin the green colour is very deep, so as to have some blackness in its hue; and this circumstance has given rise to the name of black jaundice, by which this form of the disease has been often distinguished.

The green jaundice by no means occurs so frequently as the yellow jaundice. It is most common at the middle and more advanced periods of life, and appears more frequent in men than in women. It is in general more difficult of cure than the yellow jaundice.

The *most frequent causes* are, the pressure of biliary calculi, (or stones) in the gall-bladder, and its ducts; spasmodic constriction

of the ducts themselves; pressure upon the ducts; either by collections of hardened excrement or by tumours of the neighbouring organs or swelling of the glands; redundant secretion of bile; general and severe disorder of the intestines and other digestive organs. Costiveness and loaded bowels is a frequent cause and disease of the right kidney or even of the right lung, may give rise to it. The complaint is often closely connected with irritation in the internal surface of the intestines and the liver may be but inconsiderably affected. Diminished circulation of blood in the liver, arising in some cases from disease in the lungs or heart, is a cause.

An irregular or sedentary mode of living will produce it, especially continued indulgence in spirituous liquors. Great mental agitation will cause it in those disposed to it.

The *immediate cause* is the absorption of bile into the vascular system, by which means it is mixed with the blood and circulates with it.

TREATMENT—The principal objects of treatment are, to allay irritation in the intestinal canal, and to remove the obstruction existing to the free passage of the bile through the biliary ducts and along the intestines. It will be frequently found that the best means of allaying irritation in these parts will be the most effectual in removing the jaundice. The most powerful means for this purpose consists in the use of a warm bath., with purgatives occasionally, as No. 73, 74 or 74A or 74C, page 176-77 or mild aperients regularly, soap and other alkaline medicines, stomachic bitters, very mild mercurial alteratives and the Cheltenham or Bath waters, particularly the former.

The patient should take a warm bath at ninety-six or seven degrees, every other morning about eleven o'clock, with the following pills during the day.

Take of Castile soap	1½ drachm;
Rhubarb, in powder	8 grains;
Ipecacuanha, in powder	10 grains

Oil of juniper 10 drops;
 Syrup of orange peel, a sufficient quantity to make the whole
 into twenty-four pills, three to be taken, twice or thrice a
 day.

At the same time the warm stomachic pill, No. 100 or 101, pages 193-94, should be taken every other night or as frequently as is necessary, to preserve the bowels in a free laxative state, without their being purged. Or when there is a good deal of pain in the bowels, the following opening pill may be used instead.

Take of Compound extract of colocynth, 1 drachm;
 Extract of henbane, 1 drachm.
 Mix, and divide into twenty-four pills, one, two or three to
 be taken as above directed.

Gentle purging with the neutral salts is often most beneficial; and the aperient waters of Cheltenham or Leamington, are of singular service. If they cannot be obtained, one drachm of both the Epsom and Glauber's salt (or even half a drachm of each) may be dissolved in half a pint of lukewarm water, and taken every morning for a fortnight; and resumed for another fortnight or three weeks, after being laid aside for a week. The mild relaxation occasioned by these small doses of salts and by the Cheltenham waters, does not generally produce debility; on the contrary, they are sensibly invigorating, for they have a blood-restoring power. Dr. Baillie states, that he has found the practice of keeping up the gentle action on the bowels, by means of the neutral salts, to be very useful in green jaundice. Dr. Budd recommends the mixture No. 74D, page 178, and it is an excellent prescription; but in cases where the patient is not robust, with a strong pulse, I believe that one dose a day, that is, before breakfast, will be better than twice a day. The patient should feel his way in this.

The infusion of columba or compound infusion of gentian, are sometimes beneficial stomachics, for use during the day.

Many have a notion that mercury is always necessary for the cure of jaundice, which is a great and pernicious error. If it increase the secretion without removing the obstruction, it must injure the

liver; and in all cases, I object to it except in small doses, as an alterative, as in No. 98 or 98A.

Where there appears a good deal of obstinate obstruction about the organs affected, the compound calomel pill, No. 98 or 117, page 203, should be taken every night, in conjunction with the above remedies. It ought to be cautiously taken when the liver is evidently indurated or enlarged. And when the local pain is not acute, a gentle emetic of ipecacuanha powder, about once a week, will be advisable.

The preceding means will generally succeed in curing jaundice, and are very safe; but I have some confidence in raw eggs, and if the patient prefers trying this simple remedy first, he cannot be said to act unwisely. The late Charles White, a surgeon of eminence and ability, at Manchester, held the use of raw eggs in great estimation, and makes the following sensible remarks on the subject, in his *Treatise on the Management of Lying-in-Women*, p.74, third editions, 1785.

"It is not improbable that the temporary jaundice to which women with child, new-born infants, and even adults of both sexes are frequently subject, owes its origin to the stoppage of the mouth of the *ductus communis choledochus*,¹ (the duct which carries the bile into the intestines), by some tenacious gluten obstructing either totally or in part, the passage of the bile into the duodenum, and thereby occasioning its return into the blood. The attention I have paid to jaundiced patients of both sexes and of every age, who have been cured by frequently taking raw eggs in cold spring water, has inclined me much to this opinion. My supposition is, that eggs act as a dissolvent of the gluten which obstructs the mouth of the duct, thereby opening a free passage for the bile into the duodenum. We know that yolks of eggs will destroy the tenacity of gums and resins, and render not only them, but also oils and natural balsams, miscible with water.

"The first trial I had of this remedy, was upon myself about fourteen years ago, when I had been afflicted with the jaundice for many

1. An engraving in the Author's publication ON THE DISEASES OF WOMEN displays this duct very clearly.

weeks and was much reduced, no bile having for a long time passed into the intestines, when my skin was almost black, and after I had in vain taken large quantities of soap, madder, steel, rhubarb and aloetic medicines. An officer of marines told me that if he might be allowed to prescribe, he would immediately cure me. I laughed at his proposal; when he informed me that some years before, in the Mediterranean, he was troubled with the same disorder, to as great a degree as myself and that after he had ineffectually tried all the remedies the surgeon of the ship could think of, a Spanish physician at Minorca, had assured him he could cure him in a few days, by this simple prescription only—two raw eggs, the whites as well as yolks, to be taken every morning in a glass of water, fasting, with the addition of an egg every four hours during the day. That in three days after following this advice, he began to perceive the bile in his stools, though none had appeared in them for many weeks before; that he immediately began to recover, and was very soon effectually cured. Upon considering the dissolvent property of yolks of eggs, and that eggs must, at least, afford a nourishment totally void of acrimony, I began to entertain a more favourable opinion of the recipe.”

“I tried it, and found it had exactly the same effect which he had promised me. Though I was certain no bile had passed through me for six weeks before, upon taking the eggs only three days, it began to flow, and in only one day more, in as great plenty as I could wish. I continued, however, to take them several months and have never since had any return of the disorder.”

“I have recommended the use of them to many persons under the same complaint and have always had the satisfaction of finding their success, except in cases where the disorder was occasioned by a diseased liver or by stones in the gall bladder.”

In two instances of the most obstinate and long protracted jaundice, where the patients were reduced to skeletons, and the skin for many months the colour of mahogany, inspissated ox-gall produced the best effects. It tinged the motions, lessened the irritability of the stomach, increased the peristaltic action of the bowels, and in both instances recovery ultimately took place, after all hopes had been abandoned both by physicians and friends.

The Bath waters have been much recommended, and will be sometimes very serviceable, especially where the disease has originated from too free an indulgence in spirituous liquors or a residence in a tropical climate.

Where there is a great deal of torpidity about the biliary ducts, which is unaffected by other remedies, electricity promises to be of much service. A few slight shocks may be passed daily in the coarse of these ducts.

When the disease originates in positive disease of the liver or other abdominal organ, only the means recommended under the head of LIVER COMPLAINT can succeed. Should obstinate costiveness, and accumulated excrement, be the cause, the purgative clyster, No. 8, page 146, must be frequently administered, with purgatives by the mouth, warm fomentations, and the warm bath.

For the relief of acute pain in the pit of the stomach and bowels, the most efficient remedies are hot fomentations, warm emollient clysters of gruel and oil, and pills of opium and hemlock or dry cupping. A grain of opium may be united with six or eight grains of extract of hemlock, and given every three or four hours, if the pain be owing to spasm which it commonly is. If inflammation be present, bleeding, of course, must be resorted to.

The warm bath, warm fomentations to the abdomen and gentle aperient medicine, are means applicable to every case of jaundice, from whatever cause it may arise.

The bitter-sweet (*dulcamara*) has been praised for its excellent effects in this disease and as it is, without doubt, a powerful medicine in many cases, I think it worthy of some confidence in jaundice. If the foregoing means fail in affording satisfactory relief, it may be tried with much propriety in the following manner : Infuse a pound and a half of bitter-sweet in two bottles of white mountain wine, over a very slow fire, for seven or eight hours, then, after removing it from the fire and allowing it to become cold, press the bitter-sweet as dry as possible and strain it for use. The plant should, if possible, be of the last year's growth, and fresh gathered; and it should be cut into pieces of four or five inches long, and every piece beat flat, before it is infused in the wine. The dose is a quarter

of a pint every morning, fasting. During the use of this medicine, the urine of the patient should be examined daily and when it ceases to deposit a sediment, the dose of the infusion should be decreased to one-third and in a few days left off. This is said to have been employed, in numerous instances of severe jaundice, with complete success.

The nitro-muriatic acid bath has been recommended as a valuable remedy for jaundice, as well as for all other severe diseases in which the biliary organs are principally concerned. It certainly has great power in allaying irritation in the digestive organs, and is, therefore, deserving a trial, where the preceding means fail. It may be used in the way directed at page 107.

Should the disease assume a scorbutic form, the administration of the vegetable and mineral acids, as advised under scurvy, must make a part of the general treatment.

In all cases, daily exercise is useful, and should be used freely, but short of much fatigue. Horse exercise is particularly advisable. The diet should be mild, but sufficiently nutritious, being regulated by the principles laid down under INDIGESTION.

Occasionally, infants are attacked with jaundice soon after birth, which will generally yield to a dose of castor oil or any other active purgative. When a purge is not sufficient to remove it, an emetic of ipecacuanha wine will be advisable and effectual.—See my book ON INFANCY AND CHILDHOOD.

Many persons who have resided long in a hot climate, contract a sallow, yellowish complexion, which hue often pervades the whole skin; this is generally regarded as a mild sort of jaundice or as arising from the absorption of bile, but it is usually of a different nature. In most instances, it is not owing to this cause, but to a peculiar alteration in the capillary¹ circulation on the external surface of the body, in consequence of the skin's sympathizing with a weakened and irritated condition of the digestive organs, more especially of the stomach and bowels. "These organs, at all times, exert a marked and powerful influence on the skin;—when

1. The capillaries are the minute blood vessels and absorbents.

they are in health and performing their functions with energy, we find the skin soft and smooth; when they are disordered and weakened, it is uniformly harsh, dry and unpleasant :—and as the exhausting effects of sultry climates greatly enervate the digestive canal, in this we see a sufficient reason for the sallow, rough and unhealthy condition of the skin, so often witnessed in persons lately returned from a tropical region. Such a state of the skin and liver is most safely and effectually removed by a strong decoction of dandelion or by sarsaparilla powders, with a mercurial alterative twice a week, as No. 98A, page 192, and a warm bath at ninety-six degrees occasionally. The saline waters of Cheltenham, Leamington and Harrowgate, are frequently of the greatest service.

LEPROSY

Leprosy is a scaly disease of the skin, which is rare in this country, but not unfrequent in sultry climates. It is frequently met with in Egypt and the countries bordering upon it. There are three or four varieties of it, the mild sort being incapable of communication, while the most severe are certainly contagious.

The leprosy appears in the form of white scales, of a circular form, preceded by reddish and glossy elevations of the skin and encircled with a red border. The scales may be either dull-white, dusky or livid or glossy-white.

It is produced chiefly by cold; moisture; great heat and uncleanness combined; excessive fatigue, combined with a low and precarious diet.

TREATMENT—Warm bathing is useful in all cases of leprosy, and in general, the Harrowgate waters, whether applied externally or internally, are of much service. The hemlock dropwort has likewise been highly spoken of, and the tincture of cantharides; but the most active and salutary medicine is arsenic : it will, however, require great caution in its use. As external applications, either the tar ointment or the ointment of nitrated mercury undiluted or equal parts of tar ointment and diluted ointment of nitrated mercury, (No. 89, page 188), may be rubbed into the parts affected

every night and carefully washed off the next morning with warm water. Kreosote may, in some cases, be still more useful as a lotion, mixed with water. Glycerine may be tried.

In mild cases, the cure may be safely trusted to the external use of one of these ointments and the warm bath, with the administration internally of the Harrowgate or any other sulphureous mineral water, the bowels being kept regular by a mild pill, (No. 100, 100A or 101, pages 193-94,) and the diet such as is calculated to nourish and strengthen.

In the severer examples, two or three tea-spoonfuls of the juice of the hemlock drop-wort or one or two table-spoonfuls of a strong infusion of the leaves, may be taken every morning. Or from five to six drops of the arsenical solution may be tried twice or thrice a day. It is best borne on a full stomach; but both these medicines must be very cautiously used. The warm bath, and one of the ointments just notice must be employed at the same time.

LIVER COMPLAINT

By liver complaint I mean congestion, slow inflammation or some other more or less positive disease, of a chronic character, in the structure of that viscus.

The most frequent *symptoms* are, a sense of weight or uneasiness in the right side; pain at the top of the shoulder; sallow complexion; impaired or capricious appetite; irregular bowels and discoloured offensive motions; progressive emaciation and debility; a quick, regular pulse, and a dusky yellowish complexion. The pain is generally much increased on pressure below the ribs of the side affected; a sudden jerk, from a false step or other accident, occasions acute pain in the right side; there is, for the most part, some degree of cough with expectoration; the breathing is sometimes difficult and oppressed; the urine is high coloured and scanty; and the patient cannot, in general, lie on the left side. Sometimes there is an enlargement to be felt on manual examination, under the false ribs on the right side.

Whatever greatly weakens and disorders the stomach and liver

or impairs the general health, may lay the foundation of disease in the liver. It is most frequently induced by the exhausting and deleterious influence of a sultry climate; combined with the excesses so commonly indulged in by European residents, in such regions; by anxiety of mind; excessive use of mercury or of ardent spirits; insufficient exercise and sedentary occupations. It is not unfrequently met with as a sequel of acute inflammation in the organ. A frequent immediate cause of congestion of the liver is obstruction to a free passage of the blood through the right side of the heart.

The term *liver complaint* is far too indiscriminately employed. It is properly applied to designate some kind of disease in the texture of the liver; but the majority of the maladies called by, that name are in reality severe disorders of the digestive canal, that is, chronic derangement of the stomach or intestines.

Liver complaints may generally be *distinguished* from severe disorder of the functions of the stomach or intestinal canal, by the slow but progressive emaciation and loss of muscular strength present, by the fixed character of the malady,—the quick, but regular pulse—the scanty urine—and the continued pain or uneasiness in the right side and shoulder. In functional disorder of the digestive canal, on the contrary, the loss of flesh is not often so great and never progressive; the complaint frequently varies; the pulse is generally irregular, slow and sometimes intermitting; and the uneasiness felt in the abdomen is chiefly about the pit of the stomach or in the bowels.

TREATMENT—The unthinking and less skilful, part of the profession almost universally agree, that mercury, is here the “fit and only remedy,” and in general they scruple not to prescribe it very freely; but those whose experience and judgment are to be depended on, are very cautious in the employment of that mineral, and place little reliance on it in the treatment of this disease, when uncombined with other medicines, and a correct diet and regimen. Notwithstanding, mercury, when judiciously prescribed as an alterative, in small doses, and in conjunction with antimony and now and then opium, is sometimes very beneficial and seldom

hurtful; but salivation is invariably to be avoided, at least in this country. In tropical climates, this remedy may be carried to a greater extent in treating the present disease, not only without injury, but with advantage; yet even in such a situation I think much mischief is often produced by its incautious employment, in consequence of practitioners considering its utility to be nearly proportionate to the quantity speedily introduced into the system and from their forgetting that diseases of a chronic character which are slow in their progress, can never be cured quickly or by violent measures. When calomel or any other mercurial preparation, is employed in liver complaints, it should be administered in such small doses as relieve pain and irritation, without very sensibly affecting the constitution in any other way.¹ With thin view, the pill, No. 98, or 99, or Plummer's pill, No. 117, page 203, may be taken every other night, with a saline aperient, as No. 74C, page 177, every morning, and a stomachic or the dandelion, in the day. Half a drachm of both Epsom and Glauber's salts in chilled water, every morning, is an admirable aperient and alterative. The stomachic mixture, No. 82, page 183, will sometimes prove useful. As auxiliaries to this plan, a warm bath at ninety-five degrees twice a week, an occasional blister over the region of the liver or a seton in the side, with change of air and scene; and the diet and regimen recommended for INDIGESTION, will be very proper and beneficial. Frequently, the alkaline solution (page 2) may be taken in the day as a tonic, with much advantage.

The dandelion (*see* page 54) is a more useful medicine here than mercury. A man aged about 46, living at Wallington, in this neighbourhood, had felt uneasiness in the right side for several years; about two years since it increased to actual pain, which being

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1. Some persons are extremely sensible to the influence of mercury on their system, and when we do not know the constitution of the individual, we should always commence with the smallest doses. The extreme sensibility of some persons under the action of mercury is forcibly illustrated by the following fact :— A patient has been known to regulate his hepatic system, whenever there was a deficiency of bile in his motions, by taking, asses, milk medicated by giving the animal a certain quantity of the nitrate of mercury. The effect was very marked and he could bear no mercury in any other shape.

accompanied with a quick hard pulse, loss of flesh and considerable debility, caused him to relinquish his employment. All the symptoms concurred in proving this disease to be a severe liver complaint. Many means were tried for many months; as bleeding, cupping, mercurial alteratives, blistering, mild aperients, stomachics, etc., but they proved no remedies to him; at length we advised him to take a teacupful of a strong decoction of dandelion, twice a day, and to lay aside all other medicines. He did so, and I saw him no more as a patient; it succeeded to admiration in relieving and restoring him.¹

The mineral acids, particularly the nitric acid, are sometimes of great benefit in this disease. After the above plan has been persevered in for two or three months, or more, if necessary and the mercurial pill has been laid aside, twenty, thirty or forty drops of the diluted nitric acid may be taken, three times a day, in water or infusion of cascarrilla and whether the preceding remedies have been useful or not, these drops will be proper and often serviceable.

As aperients, the saline water of Cheltenham and Leamington are, undoubtedly, employed with superior advantage and often with striking benefit. Therefore, when it is convenient for the patient to resort to them, they should be substituted for the draught, No. 27, noticed above. The Cheltenham and Leamington salts are no better than Glauber's salt.—*See page 38.*

The waters of Buxton or Malvern Wells are also valuable in this disease, and when the patient's means allow, he may, frequently go from Cheltenham or Leamington to the waters of Buxton or Malvern Wells with increasing benefit. The Harrowgate water is likewise deserving of confidence.

The late Dr. Scott, of Russell Square, who practised many years in India, has recommended the nitro-muriatic acid bath as a valuable remedy in liver complaints; and although it has met with a good deal of opposition in some quarters, I am persuaded from personal experience that, in some cases of this disease, it will produce very

1. Dr. James Johnson says, (*Medico-Chirurgical Review*, Jan., 1829). "The more the dandelion is employed, the more certain proofs will it afford of its utility." But I do not approve of its being united with soda, a too common practice.

beneficial effects, and be more useful than mercury in any form and than almost any other remedy.—See page 107.

In the present case, leeches are frequently applied to the region of the liver, but I think, without satisfactory results, unless the tension and pain are very considerable and the other remedies fail to remove these symptoms.

One of the most important diseases of the liver is the *bees'-wax liver*, in which it is yellowish, pale and puckered, technically called *cirrhosis*. It is frequently produced by spirit drinking and is the effect of deep-seated adhesive inflammation in the substance of the organ, and involving the branches of the great veins of the liver. The principal *symptoms* are, considerable sallowness, yellowness of the white of the eyes, feverishness, dull pain in the right side, scanty urine, indigestion, dark or clay-coloured stools and symptoms of dropsy. It is essentially of slow growth, a chronic affection, in the first instance induced by the effusion of lymph in the substance of the organ, which ultimately contracts. Whatever stimulates the liver in an extreme degree tends to produce it, such as long continued exposure to heat, a very stimulating diet, confined air, and want of exercise. It is likely to be followed by the known results of obstructed circulation through the liver, such as scanty urine, bleeding piles, bleeding from the nose, and dropsy of the belly and lower limbs.

The best *remedies* are, a quiet country life, sufficient daily exercise (page 345-49), a carefully regulated diet, dandelion and an occasional dose of *Dr. Budd's remedy for jaundice*, No. 74D. The nitro-muriatic acid internally or employed externally as a bath, is also clearly indicated. If dropsy supervenes, the means recommended under that head ought to be employed.

LUMBAGO

Lumbago means rheumatism of the loins. Its causes and general treatment are laid down under the article *Rheumatism*; but as it is necessary, in a popular work, to be as clear and explicit as possible in giving directions for the cure of every form of this disease, I

shall say a little here on those remedies which seem more especially applicable to this variety of rheumatic affection.

One of the most efficacious plans for the cure of severe lumbago, is to take the *guaiacum mixture*, No. 72C, page 175, or fifty or sixty drops of the ammoniated tincture of guaiacum, in milk and water, three times a day; to rub the liniment, No. 45, page 163, into the parts affected, morning, noon, and night and to take one or two of the aperient pills, No. 100 or 101, pages 194-95, every other evening, so as to keep the bowels regular without purging them. A warm bath at ninety-six degrees should likewise be taken every other morning; and the diet should be nutritious and easy of digestion, as directed for INDIGESTION.

Should this plan fail, from a scruple to half a drachm of Peruvian bark, in powder, or two grains of sulphate of quinine made into a pill, may be taken thrice a day and one of the alterative pills, No. 98, or 99, page 192, every other night; the bowels being kept free from confinement by the above aperient pills and the liniment and warm bath employed as just directed. If the bark disagree, it may be changed for a strong bitter infusion, as No. 82 or 83, pages 183-84 the pills No. 104.

Now and then lumbago is particularly obstinate and severe. In such instances, the external use of the warm waters of Buxton are frequently an admirable remedy, with which may be conjoined the alterative pill, No. 98, or 99 or the opiate pill, No. 109 and constant friction over the loins, either with the flesh brush or the liniment, No. 39 or 41, page 161.

In such examples, I advise a trial of *blue flannel*, several times dyed. It is worn round the loins like other flannel. It is sometimes perfectly curative, and may be had at W. Hamper's, 116, Newgate Street, London.

Should the pain be urgent, one of the best and most efficacious medicines for its relief is the compound powder of ipecacuanha, and camphor, three or four grains of each of which, made into two pills, may be taken occasionally. It will not interfere with the effects of any other medicine. Or a dose of the powder, No. 124 A, page 206, may be taken. The pills of calomel, tartar emetic, and guaiacum, prescribed in No. 98, page 191, are likewise excellent.

Some persons are too apt to let blood in severe lumbago; but it rarely fails to render the disease still more intractable.

MEASLES

The measles is an infectious fever attended with an eruption on the skin, which very rarely attacks the same person a second time.

The patient for the first day generally complains of alternate heats and chills, and the other feelings usually preceding an attack of fever; on the second day, though sometimes not till the third, the fever is completely formed. Much thirst is now complained of, often accompanied with nausea and sometimes with vomiting; the tongue is generally white and moist; there are pains of the head, back and loins; the face is flushed; the pulse frequent and hard and the breathing hurried. The patient is early attacked with a dry cough and hoarseness; the eyes are red, swelled, itchy, very sensible to light and watery : the nose is inflamed and often discharges a copious thin secretion. There is generally some remission of the *symptoms* in the morning, but they return in the evening with increased severity. In the more alarming cases, there are spasms of the limbs, sometimes delirium, but more frequently a lethargic stupor.

The eruption generally shows itself towards the end of the third or the beginning of the fourth day; sometimes not till the fifth. It comes out on the forehead in small points, which are generally distinct at first, but here and there increasing in number and size, are soon formed into small clusters, so that the face seems marked with red stars of various size and figure. The parts occupied by the points are rough to the touch. From the face the eruption gradually spreads to the neck, breast, trunk and limbs, generally appearing on the limbs the day after it shews itself on the face. The stains on the face continue red for two days, on the third they assume a brownish colour, and, in the course of the fifth or at most the sixth, that is about the eighth or ninth day of the disease, the redness on the face nearly disappears, although traces of it often remain for four or five days longer.

There is generally a considerable tendency to inflammation throughout the whole course of the measles and those parts are most subject to it which are most apt to be inflamed in common cold, the eyes, the nose, throat, and lungs. The inflammation of the eyes, nose, and throat is usually of little consequence; it seldom becomes very troublesome and declines with the other symptoms. The inflammation of the lungs may come on at any period, but is most frequent after the eruption is gone off.

Its consequences are often troublesome. Most frequently they are, the various forms of scrophula, as glandular tumours, wasting from obstruction in the mesenteric glands of the belly, obstinate sores, a weak and inflamed state of the eyes and pulmonary consumption. A moisture of the skin at the appearance of the eruption; early and free expectoration; moderate looseness, and mild fever, are favourable symptoms.

The *grand cause*, in every instance, is a specific contagion.¹

The symptoms by which the eruptive fever of measles is distinguished from small pox and other diseases, are the dry cough and hoarseness; the sneezing and discharge from the nose; and the appearance of the eyes, which are red, swelled, itchy, very sensible to light, and frequently loaded with tears; but now and then the symptoms of scarlet fever and measles so run one into the other, that it is impossible to say to which disease the case belongs. As it regards treatment this is of no consequence, ammonia being the best remedy in both complaints.

1. When a number of children are living in the same house where the measles is present, as in boarding schools, poor houses, etc., it is of much moment to be acquainted with the means of preventing the spread of the contagion, and I would here recommend the free use of the chloride of soda or lime, or Condy's Fluid, as a safe and effectual antidote. The manner of using them at page 282. M. Labarraque, of Paris, says that he witnessed a satisfactory instance in which the infection arising from measles, which had occurred in a boarding school, had been perfectly arrested without the removal of any of the pupils, by the employment of these chlorides. And M. Lisfranc, surgeon in chief of the hospital la Pitié, in Paris, has fully ascertained that the air of wards where small-pox patients are confined, no longer communicates the disease, whilst daily sprinklings with these solutions are employed. But it must not be forgotten, that the use of these chlorides ought never to supersede free ventilation.

TREATMENT—In mild cases, the object of treatment is, to promote a gentle perspiration, and a free expectoration, which is most certainly secured by ammonia, with diluting drinks, and a spare low diet. In simple cases, it is a great point not to do much, but to leave the main work to the natural efforts of the system, aided by the ordinary doses of the sesqui-carbonate of ammonia every four hours. It should always be given, even in the mildest cases. Give three grains, in water, every four hours, to a child of eight years old. The best medicine in measles is *sesqui-carbonate of ammonia*, and under its use I question if we ever see great difficulty of breathing supervene or any other symptoms of inflammation of the lungs. Ammonia, from its power to neutralize poisonous matter in the blood and to promote healthy cutaneous secretions, attacks this disease at its root and thus prevents the accession of the worst symptoms, as I have fully explained under *Scarlet Fever*. I believe this volatile alkali to be more efficacious, even in the worst cases of measles, than all other means united; and no one need hesitate in domestic practice to resort to it. It is as safe as it is successful.

Some physicians of great ability recommend an emetic, No. 29, page 156, as always useful on the incursion of the disease, and it is worthy of attention. After it has operated, the purgative medicine, No. 28, page 156, may be given and repeated every day, if necessary, so as to preserve the bowels in a lax state. The diluting drinks recommended in inflammation, such as barley-water, tamarind tea, and the like, should be taken freely; and all animal food and fermented liquors must be avoided. All the drink should be tepid, and the patient confined to a warm chamber.

We must bear in mind this principle—that in cases of a mild and regular character, the less we interfere with the operations of nature the better. Even when the general fever is considerable, during the period of eruption, purgatives and bloodletting are not only generally unnecessary, but often decidedly injurious, provided no local inflammation be present. The eruption is a sort of critical deposition on the surface, by which the animal economy endeavours to relieve itself from some internal morbid irritation.

But when the symptoms are severe, and there is a good deal of pain in the chest, and difficulty of breathing, blood-letting must be resorted to, as, in addition to the object to be fulfilled in mild cases, we have here to prevent or remove inflammation in the chest. It is seldom, however, that these symptoms come on till the eruption is gone off, and the abstraction of blood should never be resorted to early in the disease, unless it be clearly necessary.¹ Under the circumstances just stated, of great difficulty of breathing and an unusually hard pulse, in a child of ten years old, from four to six ounces of blood should be taken from the arm and if these symptoms continue little or not at all relieved by the first evacuation, cupping between the shoulders should be had recourse to the same extent. The application of leeches to the chest is often advisable in addition to the general bleeding. And after the loss of blood a blister should be applied over the chest; the purgative and saline medicines (No. 78B), with diluting drinks, and a low diet, being resorted to as just advised. In the severer forms the diet, of course, must be very spare and low, and the purgative medicine may be administered a little more freely than is necessary under the milder attacks. In such acute cases as we now advert to, in which inflammation of the lungs is to be suspected, I am partial to the use of the mixture No. 78B, page 180, believing it to be most efficacious.

With regard to exercise, if the patient finds himself inclined from the commencement to remain in bed, he should not be prevented; at the same time, there is no occasion to confine him to it against his inclination. In all cases, towards the period of the eruption he feels fatigued, and averse to motion. Whether he be in bed or not, extremes of heat and cold are equally to be avoided. In every case, the room in which the patient is confined should be large and airy, and free from currents of cold. Free exposure to cold is highly serviceable in small-pox, and therefore, some medical men have recommended it in measles; but the testimony of a great majority of the medical profession is decidedly against it. On

1. "As this fever," Dr. Cullen remarks, "is sometimes violent before the eruption, though a sufficiently mild disease be to follow, so bleeding is seldom very necessary during the eruptive fever, and may often be reserved for the periods of greater danger, which are, perhaps, to ensue."

account of the cough always present in this disease and there being a great tendency to inflammation of the lungs, cold must in all cases be carefully guarded against. If the cough be troublesome, it will be useful to breathe the steam of warm water, not through an inhaler, but over a large basin, with the head covered with a flannel large enough to hang over its edges; and by this means the inflamed eyes will also have the benefit of the relaxing vapour.

If the oppression of the chest, pain, and hard pulse, should return, as they are apt to do, on the disappearance of the eruption, blood-letting or cupping must again be had recourse to, however freely they may have been employed antecedently.

Opium should never be given to relieve the cough, as it generally fails in effecting this object, and always increases the fever and restlessness. One of the best cough medicines is a little of the mixture, No. 78D, page 181, or No. 78C.

A spontaneous looseness proves the most favourable crisis. When moderate, it should not be interfered with and even when it appears excessive, only the mildest astringents should be given in small doses, so as to lessen, but not altogether remove it. A few grains of tormentil powder, with or without ipecacuanha, is perhaps the best medicine for this purpose. *See* pages 522-23. The abstraction of a little blood, however, in severe diarrhoea is sometimes of immediate and great utility.

In case the measles should suddenly disappear, endeavours should be immediately resorted to in order to restore the eruption to the skin. The patient must be placed in a warm bath and four or five grains of sesqui-carbonate of ammonia, in water, given every hour. If this is not sufficient, blisters may be applied to the inside of the thighs or legs, and to the chest, and a little warm wine diluted with water be given frequently.

Now and then the progress of the measles is irregular, and the symptoms malignant, the fever terminating early in typhus. In such instances, the best medicines are ammonia and wine. If the oppression of the chest be considerable, blisters should be applied. The tartar emetic ointment, rubbed on the chest, may be sometimes still more beneficial; or a mustard poultice, quickened with oil of

turpentine, and applied to the chest, may prove of the greatest service when there are symptoms denoting inflammation within the chest, and the debility at the same time to great too admit of bleeding.

Some of the most troublesome consequences of measles is a hoarseness, cough, shortness of the breath, and inflammation of the eyes. They are all best removed by ammonia, as in No. 78D, page 181. A gentle purgative frequently relieves the shortness and difficulty of breathing, and if that fails, a blister to the breast bone and frequently repeated or the tartar emetic lotion, (No. 44, page 162) rubbed freely into the same part, are the best means. To moderate and remove the inflamed state of the eyes, exposure to light should be avoided, and the eyes be frequently washed with the lotion, No. 13, page 148. After the inflammation has been subdued by means of quietude, low diet, and exclusion from the light, and the complaint assumes an indolent character, one of the most efficacious remedies is the diluted ointment of nitrated quicksilver, No. 89, page 188.

It is, however, remarkable that blood-letting sometimes removes certain symptoms remaining after measles, for the removal of which, under other circumstances, very little is to be expected from it. Thus it has removed cough, although unaccompanied by fever, or the other symptoms denoting inflammation. It may, therefore be tried to a small extent when the previous means fail to remove the cough, difficulty of breathing and other symptoms above mentioned.

It will be necessary cautiously to avoid exposure to cold for some time after the patient has recovered.

Tonics are almost always injurious during convalescence from measles. When the system is left exhausted, being free from irritation, if any strengthening medicine is likely to be of service, it is the serpentaria in infusion, *See* page 120 ; but I do not think that will be required if ammonia has been given during the attack.

The following interesting and valuable observations of Dr. Armstrong are worthy of record here:

“It is a remarkable fact, that when any cutaneous affections arise after measles, the internal organs generally remain free from disease; and even where some internal disorder has existed, I have not unfrequently seen it disappear on the occurrence of some spontaneous eruption of the skin. Indeed, there are many cases of this nature already on record. At all times we should, therefore, be most wary in meddling with vesicles, pustules, boils, and the like, when they come out after the measles; for although they may be temporary blemishes on the surface, they are often the occasion of saving the vital walls within.”

MENSTRUATION

The time at which the menstrual discharge commences varies from many circumstances, chiefly, however, from those of climate, and of peculiarity of constitution. In warm climates, menstruation appears often as early as at eight or nine years of age; for here the general growth of the body advances more rapidly than in colder quarters, and the atmosphere is more stimulant. In temperate climates it is usually postponed till the thirteenth or fourteenth year; and in the arctic regions till the nineteenth or twentieth. In all climates, however, when the constitution has acquired the age in which it is prepared for the discharge, various causes may accelerate its appearance. The chief of these are, preternatural degrees of heat or feverishness, or any other stimulus that quickens the circulation; anger, or any other violent emotion of the mind; inordinate exercise; fear, and severe grief.

The discharge usually lasts from three to five days, and the quantity lost upon an average is about six ounces; but with many women it continues longer, and they lose more than this, while with some both the period and quantity are less. The monthly return continues till the fortieth or fiftieth year. Women of a delicate habit and lax fibre, have a more copious and longer continued discharge than those of a robust constitution.

For the two or three first times of its appearing, it is apt to be somewhat irregular, both as to the quantity of blood which is

discharged, and the period of its return; but after these, it usually observes stated times, and nearly the same quantity is lost at each visitation, unless some irregularity takes place.

About the first appearance of this discharge, the constitution undergoes a very considerable change, generally indeed for the better, though sometimes for the worse. The greater care is then necessary, as the future health and happiness of the female depends in a great measure upon her conduct at that period.

She should be careful to take exercise daily in the open air, to partake of a wholesome nutritious diet, and not to indulge in tight clothes. The exercise should be free and active, which will be found to promote digestion, to enliven the spirits, and to insure a proper discharge. It is worthy of the especial attention of young women, that one seldom meets, at this period, with complaints from obstructions amongst the more active and industrious part of the sex, whereas the indolent, inactive, and luxurious, are seldom free from them.

After the *menses* have begun to flow, great care should be taken to avoid every thing that may tend to obstruct them. Females ought to be exceedingly cautious not to stand long or suffer any excessive fatigue, and they should be careful in what they eat and drink at the time they are out of order. Everything that is cold or apt to sour on the stomach, and all things which are found by experience to disagree, ought to be avoided.

Exposure to cold is extremely hurtful at this period.¹ More females date their diseases from cold caught while they are in this situation than from all other causes. A degree of cold that will not

1. "Frank mentions the case of a young lady, who put her feet several times into cold water, during this period, because she expected her lover, which produced a suppression; an inflammation of the womb followed, and she was brought dying into the hospital at Vienna. He also states, on the authority of a celebrated surgeon of Helmstadt, that a young lady was attacked with amaurosis of one eye, in consequence of the sudden suppression of the menses, from putting her feet in cold water—and when this discharge was recalled, she fortunately recovered the sight of her eye."—*Dewees on the Diseases of Females*, p. 116.

in the least hurt them at another time, will at this period often be sufficient entirely to ruin their health and constitution. It is not meant that they should then confine themselves wholly in the house and warm rooms, but that imprudent exposures should be warded against, and the clothing be somewhat warmer than usual. I have lately heard of a young lady, in my neighbourhood, who was suddenly seized with mental derangement after the improper use of cold water at this particular time; and all the means hitherto employed to restore her health and reason have altogether failed.

The final cessation of the menstrual discharge is likewise a critical period with all women, and therefore, I shall here say a little on the treatment necessary at this time; and also of painful menstruation. The retention and suppression of this discharge are distinct diseases, which are treated of under those heads respectively.

The Final Cessation of the Menses

This discharge seldom ceases all at once, but for some time before its stoppage becomes somewhat irregular both as to the periods and the quantity. The time of this final cessation is always a critical one, because the constitution then undergoes a considerable change, and there is often a strong tendency to the formation of obstinate and painful chronic complaints.

The brand object of treatment at this period should be to quiet irregular local irritation wherever necessary, by gentle laxatives, as No. 73 or 74, page 176, and moderate opiates or anodynes, as No. 112, page 200, and to prevent any incidental stimulus or painful mental emotion. The diet should be nutritious and plain: the exercise moderate; and costiveness carefully prevented by attention to diet, and by lenient warm aperients, as No. 100, 101, or 101C or 101D, pages 194-195.

When the discharge happens to disappear suddenly in women of a full plethoric habit, the diet should be more spare than usual, regular exercise be taken, and every other day the opening draught, No. 28, page 156. As a gentle purgative, the *hiera picra* is often very useful in such instances. See page 70, and also the author's

book ON THE DISEASES of FEMALES. When the patient is sensible of a seeming fulness of the vessels of the head, with a giddiness and pain, a small bleeding or two may be advisable.

If ulcers break out in the legs, or any other part of the body, at this period, they ought to be regarded as critical discharges, and the wisest practice is not to interfere with them further than is necessary to keep them clean and prevent them from spreading; but in such cases I would advise the pill, No. 98 or 98A, page 192, to be taken every other night.

Painful Menstruation

Sometimes this discharge recurs every month with little or no irregularity in this respect, but it is accompanied with great local pain, which is occasionally very severe and forcing, especially about the loins, hips, and region of the womb. The quantity thrown forth may or may not be too small; but what chiefly demands our attention here, is the great pain accompanying the flow. It is most frequent in young women soon after marriage.

The pain is chiefly owing to a deranged state of the general health, accompanied with a chronic inflammation of the vessels of the womb itself. In unhealthy or delicate females, painful menstruation is the consequence of strong and imperfect efforts to expel a sort of nidus or secretion of coagulable lymph in the womb. And one of the most efficacious plans of treatment with which I am acquainted, is to administer from thirty to forty or even fifty drops of the volatile tincture of guaiacum in milk and water, three times a day; with an aperient pill, No. 97 or 100, page 193, every other night, so that the bowels may be kept regular without being purged: or, instead of the guaiacum, the patient may take a drachm of the powder of sarsaparilla, twice a day. I have known this of great service. At the same time, the patient ought to take much exercise daily in the open air, either on horseback or on foot; to be attentive to the rules of diet laid down under INDIGESTION; and to mingle with cheerful society: A hip bath of cold water—when not unwell—every morning at twelve o'clock, will likewise be advisable; and change of air and scene will much conduce to

recovery. This plan ought, to be persevered in for a considerable time, until the patient is sensibly restored to the full enjoyment of health and strength, for this is the object to be attained by it, the accomplishment of which will very rarely fail to prevent the recurrence of pain at the future return of this discharge.

It affords me satisfaction to perceive that the volatile tincture of guaiacum has lately been very highly extolled in this complaint by several physicians, and by none more than by the experienced American physician Dewees. He says, (*Treatise on the Diseases of Women*, p. 139) "We could furnish very many instances of success from the use of the guaiacum,—indeed, more than a hundred." The guaiacum was many years since recommended in this volume. In my TREATISE ON THE DISEASES OF FEMALES, a case is related from Dewees, in which a lady who had been married nineteen years, without issue, had a fine girl in about twelve months after having gone through a course of guaiacum.

As a local means, perhaps the most useful palliative is the application of warmth to the region of the womb and over the whole surface of the abdomen, by means of bottles filled with hot water. Warmth may also be applied at the same time to the feet. And the injection of warm water into the womb is sometimes useful.

If the tincture of guaiacum fail to produce any decided effect, then try the following plan : Take the mixture No. 78D, page 181, twice a day regularly, and the alterative pill, No. 98A, page 192, every other night, with the pills, No. 110, page 199, when in pain. Three grains of sulphate of iron, and ten grains of Epsom salts, in water, twice a day or No. 74C, may be tried, if the previous means fail.

When the pain is severe, take also the anodyne pills, No. 110, page 199, or the powder, No. 129, page 208. The anodyne clyster, No. 9, page 147, may also be administered.

Profuse Menstruation

This disorder may arise where there is too great a fulness of habit, and too irritable a state of the vessels of the uterus; or where both

general and local debility are present. It is almost always attended with pain in the back and loins, and often with a feeling of weight or bearing down, and a sense of fulness and heat. The repeated recurrence of this complaint seldom fails to break down a strong constitution, engendering great feebleness, and thus *menorrhagia*, as it is technically called, which was in the beginning of an acute character, may soon assume the appearance of a passive or indolent nature.

The chief causes are luxurious living, without sufficient exercise; or general debility, and uncommon irritability of the uterine system; or it may arise from organic mischief, or from polypus.

TREATMENT—*In the first variety*, where the symptoms are those of too great fulness, oppression of the chest, together with heat and thirst, we must prohibit the use of animal food, and prescribe a very mild and spare diet for several days, and regulate the bowels by the use of mild saline aperients, as No. 73 or 74, page 176. At the same time, the free application of cold to the belly, loins, and back, will materially assist in checking the discharge; and the patient should take the acetate of lead pills, page 128.

In the second variety, where debility is clearly marked in the constitution, we are called upon to try invigorating means, both locally and generally. Cold hip-bathing is here indicated, with change of air and an invigorating diet. The diet should consist of articles the most easy of digestion, and a little good Sherry or Port wine may be allowed in all cases, where it sits easy on the stomach, and does not prove heating. Friction over the loins and lower extremities will be found soothing and beneficial, and the exercise must be of the gentlest description.

The best internal medicines are rhatany, cream of tartar, zinc, steel, or quinine, combined with rhubarb, and extract of hop, hemlock, or henbane, as in the pills, No. 106, 102, or 115. The mixture, No. 82A, is also efficacious.

Opium is of great value in cases of severe *menorrhagia*, to allay that peculiar irritability and restlessness so frequently present, and black drop may be given in doses of ten drops, or more, in a

saline draught. In my TREATISE ON THE DISEASES OF FEMALES painful menstruation is more fully considered, and I think every female may derive considerable benefit from the possession of that publication.

MISCARRIAGE

The usual term of pregnancy is forty weeks or nine calendar months, but the fetus (as the child in the womb is called) may be expelled at any time previous to the expiration of this period. If the expulsion takes place at any time before the commencement of the seventh month, it is considered a miscarriage; for should the fetus have completed its seventh month and be expelled, it will often live, but very rarely survives when the exclusion occurs before that month.

Miscarriage is an accident of frequent occurrence, which is always attended with disagreeable circumstances, and which, although it seldom proves immediately fatal, may still be productive of much mischief at a future period. It may happen at any period of pregnancy, but it is most frequent about the third month, proving that there is then a greater susceptibility in the womb to have its action interrupted, than either before or afterwards.

It is often preceded by a general sense of coldness, flaccidity of the breasts, slight pains in the loins, and lower regions of the belly, sometimes accompanied with fever. In full habits, and where the miscarriage proceeds from excessive action in the blood-vessels of the womb, the fever is original, and precedes the discharge. After a short continuance of these *symptoms*, a slight flow of blood ensues, coming away sometimes in clots, and at others, gushing out in a florid stream, then stopping, perhaps for a short time, and again returning violently. Not unfrequently coagula only can be perceived. When the whole contents of the womb are expelled, a bloody discharge continues for a few hours and is then succeeded by a thin serous fluid.

Should the pregnancy have advanced beyond the third month, and miscarriage be likely to occur, there is much bearing down, together with a derangement of the stomach, causing sickness and

faintness, and sometimes there is a very quick and profuse discharge of blood. In this stage; the membranes enveloping the fetus often give way, the fetus escaping with the contained water, whilst the membranes are retained for some hours, or even days. In some instances, the whole comes away entire, which is generally far better than its being excluded in parts; because in the latter case, some portion is apt to lodge in the passage; and keep up the irritation and discharge.

But in the symptoms and duration of miscarriage, there is a great diversity in different instances. In some cases, the pains are severe and long continued; in others, short and trifling. Sometimes the bleeding is profuse and alarming; at other times, although circumstances may not be apparently very different, it is moderate or inconsiderable. A few hours in many, and not above three days in the majority of cases, is sufficient to complete the process; but we occasionally meet with instances in which it is threatened for a long time, and possibly some weeks elapse before the expulsion takes place.

Miscarriages are more or less dangerous according to the stage of pregnancy in which they happen. The farther a woman is advanced therein, the greater will be the risk, but they are seldom attended with immediate danger before the fifth month; but should they form a habit of recurrence in subsequent pregnancies, the blood, from such frequent discharges, loses its proper strength; the vigour of the constitution is broken down; all the functions of the system are in consequence performed with a considerable degree of languor; and a foundation is often laid for some obstinate chronic disease.

The *causes* which give rise to abortions, are violent exertions of strength, lifting heavy weights, severe exercise, the fatiguing dissipations of fashionable life, sudden surprises and frights, violent fits of passion, great anxiety of mind, aloetic purges, too free a use of warm pediluvia, and profuse evacuations. Whatever else tends to disturb or check the circulation suddenly, and thereby to produce fainting, will often prove a cause of miscarriage : and when once this affection has been produced, the organs with difficulty recover

their elasticity, and it is extremely apt to recur upon the slightest causes.

Fulness of blood (what medical men call plethora) is a very frequent cause, and this plethora may occur either in delicate women who live luxuriously, and use little exercise, or in those of a robust and vigorous constitution.

TREATMENT—Should the miscarriage be only threatened, and we are called upon to prevent it, the first step to be taken is a recumbent position;—the patient should be wholly confined to a couch or bed, being very lightly covered, and kept quite quiet. Should the female be strong, and full of blood, from eight to ten ounces of blood may be taken from the arm; but in very delicate irritable habits, it must not be thought of. The bowels ought to be immediately emptied by a mild purgative, as No. 27, page 155, or a laxative injection, as No. 8, page 146; after which, thirty or forty drops of laudanum may be taken in some cold liquid, and repeated, if necessary, every four or five hours. All the drink should be cold, and the patient be kept as cool as possible. And if the constitution be very feeble or emaciated, six or eight drops of the aromatic sulphuric acid should be taken in water, three or four times in the twenty-four hours. "Opiates," says Dr. Burns, with his usual discrimination, (*Principles of Midwifery*, p. 356), "are very useful in cases of *threatened* abortion; more especially in accidental separation of the membranes and consequent discharge. They do not directly preserve the action of gestation, but they prevent the tendency to muscular contraction, and thus do good. In weakly or emaciated habits, opiates alone, if given upon the first appearance of mischief, are often sufficient to prevent abortion; and in opposite conditions, when preceded by venesection, they are of great service. Opiates are likewise useful for allaying those sympathetic pains about the bowels, and many of the nervous affections which precede, or accompany abortion. They are also of much benefit in cases where we have considerable and protracted discharge, with trifling pains, as the uterus is then not contracting sufficiently to expel the ovum, but merely to separate vessels and excite hemorrhage. They either at once render the pain brisker, or by

suspending, for a time, the action, it returns afterwards with more vigour and perfection and finishes the process."

By this plan the pains from incidental causes are often checked, and the miscarriage prevented. But the remedial process is thus far merely begun: the patient for some weeks, must be peculiarly, attentive to her diet, which should be light and sparing; and if exercise of any kind be allowed, it should be that of swinging, or of an easy carriage. Cold bathing is of great importance; and if there should be the slightest issue of blood from the parts, injections of the coldest water may be thrown up the passage two or three times a day. If the constitution be delicate, a glass or two of wine may be allowed daily, and eight grains of powdered chlorate of potash, in water, be taken thrice daily. But if the habit be vigorous and robust, no wine ought to be permitted, and the soft bed should be exchanged for a hard mattress.

But if the pains are regular, and accompanied with strong expulsive efforts, with a considerable discharge of blood, it is not likely that the abortion can be prevented, and, in ordinary cases, all that is necessary to be done, is, to confine the patient to a bed lightly covered with clothing, and to give her thirty or forty drops of laudanum, in a saline draught, No. 24, page 153. The chlorate of potash should be taken as prescribed above. Should this discharge continue but in small quantity it is best to let it take its course. Bleeding is often had recourse to under such circumstances as the present, but is never necessary, and may do harm; for an actual miscarriage must be attended with some loss of blood, and to add to this loss by the use of the lancet, is uncalled for in strong women, and clearly improper in delicate subjects.

This discharge may, however, be in great abundance, and amount to a flooding; and the patient be faint and sinking, and in appearance ready to expire. To the inexperienced these symptoms are truly alarming; but it rarely happens that the patient does not recover in an hour or two from the fainting. Cold, both external and internal, is here of the utmost importance; the bed curtains should be undrawn, the windows thrown open, and a sheet alone flung over the patient; while linen wrung in cold water should be

applied to the lower parts of the body, and renewed as its temperature becomes warm; withholding the application, however, as soon as the bleeding ceases. Cold injections should, in this case, be desisted from; but the parts may be tightly plugged with folds of linen, or a silk handkerchief, smeared over with oil. Laudanum is the most powerful cordial in the present instance, and is capable of even saving life when it is threatened by a very sudden and profuse discharge of blood. Dr. Hamilton, professor of midwifery in the University of Edinburgh, recommended large doses to be given; but it is seldom necessary to go beyond a drachm at a dose, which may be repeated, in cases of great exhaustion, every one or two, or three hours.—See FLOODING, page 585-86.

Should the flooding occur after the sixth or seventh month, no time should be lost in gaining the assistance of an able medical practitioner; for it will then frequently be necessary gently to dilate the mouth of the womb to turn the child, and to bring it away by the hand.

It has of late been very much the custom to confine women of a delicate frame, who have once miscarried, to a recumbent position, from the first symptom of conception through the whole term of pregnancy. In a few cases this may be right; but is not, in my opinion, generally advisable, being, in the majority of instances, much more likely to hurry on miscarriage than to prevent it. A better plan is to observe great moderation in the exercise of body and mind, with a plain diet, and regular hours, the position being generally recumbent when within doors, and strictly so for a fortnight about the time in which a miscarriage might be expected. Gentle exercise daily in the open air ought not to be neglected; and if the habit be delicate, a course of such tonic medicines as are found best to agree with the system may be entered upon, as No. 82, 83, 84, or 85, pages 183-85.

But the best of all resources for those subject to miscarriage is, directly pregnancy commences to take *eight grains* of *powdered chlorate of potash* in water, thrice a day, and to continue it for four or five months. This so improves the quality of the blood as to prevent miscarriage, and insure healthy children. Many ladies have

taken the chlorate of Potash for seven or eight months and should there be any fear of miscarriage so late as that, the Potash should not be discontinued till all ground for fear has been removed.

MORTIFICATION

By mortification is meant the death of a portion of the body, while the rest continues alive, often in a sound state.

When mortification is the consequence of inflammation, there is excessive, acute and constant pain; great anxiety; often delirium, followed by a sudden cessation of every inflammatory symptom—the part before tense now becomes flaccid, of a livid colour and loses its heat and sensibility; small bladders are formed, under which are perceived. spots of a brownish hue; the part, acquire a fetid smell, and become black. If the event prove favourable, the mortified portion becomes completely circumscribed; a process of ulceration is set up in the contiguous living substance, by which the dead matter is separated, and at length cast off ill sloughs. If, on the contrary, the termination be fatal, the mortification rapidly extends, great constitutional irritation arises, the pulse becomes small, rapid and irregular, there is great anxiety and prostration of strength and death soon ensue. Such are the symptoms of mortification arising from violent inflammation.

But this affection is frequently the effect of a debilitated state of the constitution, where there is no sensible degree of inflammatory action present; and then there is often considerable irritation in the system, but not generally the excessive pain above mentioned, and much less fever. Sometimes little or no pain or fever attends, especially when gangrene occurs in elderly persons.

The *most usual causes* of the first variety of mortification are excessive inflammation induced by whatever cause, severe external injury, as contusion, fracture, etc.; a high degree of erysipelas. A peculiar condition of the constitution often disposes to it.

The second variety generally originates in debility from age, habits of life, disorder of the digestive organs, fever, poor living, foul air, improper food, scurvy, depressing remedies, cold, etc.

Gangrene and mortification are frequently used synonymously; but, correctly speaking, the former is an incipient mortification, in which the affected part becomes soft, of a brown livid colour, and loses more or less of its natural warmth and sensibility; the latter is a perfect *sphacelus*, or death, when the part becomes a cold, black, fibrous, insensible substance.

TREATMENT—When gangrene seems to be threatened from the violence of inflammation, soothing remedies are the best; and those which tend to allay irritation in general system and arrest the inflammatory action that may still exist in the part. A mild mercurial purge, as two grains of calomel, combined with three grains of compound extract of colocynth, should, therefore, be given at night, to improve the deranged secretions of the intestinal canal, and the cooling draught, No. 26, page 155, with the addition of fifteen drops of laudanum, through the day. Or, instead of this, the effervescing saline draught, No. 24, with three grains of Dover's powder, may be taken every four hours during the day. In addition to these remedies, soothing applications must, at the same time, be made to the affected part, such as poppy fomentations and poppy poultices, applied *moderately warm*. Leeches are also proper, and a small bleeding from the arm, when the inflammation occurs in strong healthy subjects living in the country. Such are the means proper when inflammation threatens to terminate in gangrene.

But if the gangrene has actually commenced, a mild antiseptic poultice must be immediately laid over the part; and one of the best that can be used, is made by stirring a sufficient quantity of oatmeal or linseed-meal, into stale beer grounds; or the yeast poultice, No. 3, page 143, may be resorted to. A port wine poultice, made by stirring oatmeal into good port wine, is also sometimes of eminent utility in these cases: I think a little yeast mixed with this poultice improves it greatly. The poultice should be applied moderately warm and renewed every six or eight hours and every time it is removed, the parts may be fomented with a warm spirituous fomentation, made by boiling four ounces of oak bark in three pints of water, for fifteen minutes, and just before using it, adding to it three ounces of camphorated spirit of wine. At the same time; medicines to support the living powers of the

constitution must be given, and the best are ammonia, united with opium, or musk, and sulphate of quinine. Sir Astley Cooper says, that the exhibition of ammonia with opium is the best means of supporting the constitution in these circumstances and recommends from seven to ten grains of the sesqui-carbonate of ammonia, with twenty drops of laudanum, to be taken, in camphor mixture, every four hours. Another excellent medicine is six or eight grains of the sesqui-carbonate of ammonia, and ten grains of musk; made into a bolus with conserve of hips and given every three or four hours. This has been much praised in cases of gangrene from local injury. Bitters were also formerly much employed, but modern practitioners have little confidence in them, and consider them to be sometimes even injurious. The sulphate of quinine, however, is frequently of service, especially when symptoms of considerable debility are present. It is sometimes employed with marked advantage in mortification following erysipelas, provided suitable evacuations from the bowels have been premised at a proper period. A two-grain pill of this substance may be taken every four hours. *Serpentaria* also often proves very useful.—*See page 120.*

The diet in all cases of mortification must be nourishing, but care must be taken not to overload the stomach. A certain quantity of good wine, proportioned to the patient's strength and habits, and the symptoms of the complaint, is proper. Broiled mutton or lamb-chops, and fresh eggs, lightly boiled, are very suitable; and water, impregnated with carbonic acid gas, must be taken as the common drink. This acid gas is sometimes of the highest efficacy in mortification.

After great want of circulation in any part, from the course of the blood having been arrested, sloughing sores are very apt to occur. On this kind of gangrene, Sir Astley Cooper remarks:

"Thus, after the operation of tying the great artery of the thigh, if the limb be suffered to rest in the same position for a considerable time, a small gangrenous spot frequently appears. In such cases the spirit of turpentine is the best application. Yeast is often applied with the same view. A lotion much used in the other hospital, for this purpose, is made by mixing together an ounce of confection of roses, two

drachms of honey of roses, two drachms of tincture of opium, and the same quantity of extract of lead, (*liquor plumbi subacetatis*). This is an application which accords extremely well with limbs in a state of gangrene, when the dead are separating from the living parts. During the sloughing process, the nitric acid lotion is the best application that can be used; therefore, when the gangrene stops and the line of demarcation is drawn, and the sloughing process is commencing, the nitric acid lotion may be employed in the proportion of fifty drops to a pint of water.”—*Lectures on Surgery* by Sir Astley Cooper, No. xv.

In the mortification of the toes or other extreme parts of the body, occurring in old people, antiseptics are required locally, and internally, cordials and tonics. The port wine poultice, mentioned above, should be laid over the part affected, the part being first well rubbed with the liniment, No. 45, page 163, and opium and ammonia, given internally, with which must be combined a generous diet as already advised. Mr. Pott used to give a grain of crude opium every three or four hours, in the mortification of the toes of elderly people. From the languid powers of circulation in advanced life, these cases frequently prove fatal, especially in those who are tall and who have lived luxuriously.

Mortification arising from poor living, improper food and depressing remedies, will require the same treatment as now recommended when it occurs in old persons.

In gangrene following exposure to extreme cold, the parts should be very gently rubbed with snow, or the coldest water, for some time, and then with camphorated spirit of wine. When the first effects of cold are removed by these means, cold poultices of stale beer grounds, yeast, or port wine, should be applied; and opium and ammonia may be given internally. In these cases, great care must be taken not to bring the patient into a warm room until the parts affected have recovered themselves a little. For a remedy in mortification occurring in tropical climates, see page 12.

MUMPS

The mumps is a painful tumour of the parotid glands of the neck, which often extends to the maxillary glands, and is conspicuous externally.

The tumour, though sometimes confined to one side of the neck, more usually appears on both; it is at first moveable, but soon becomes diffused to a considerable extent. It increases till the fourth day, and often involves the maxillary glands in the inflammation, is evidently contagious, and often epidemic. After the fourth day it gradually declines; and for the most part, there is but little fever, or need for medical aid. As the swelling of the throat subsides, it not unfrequently happens, that a swelling takes place in the testes of males, and in the breasts of females; which is by no means an unfavourable sign; for it has occasionally been found, that where this sympathy has not been manifested or the glandular swelling has been suddenly repelled, the symptomatic fever has been greatly increased and delirium has ensued.

The cause has just been stated to be a specific contagion.

TREATMENT—I have already remarked that the mumps do not often require the assistance of medicine. All that is in general requisite is, to keep the head and face moderately warm, to avoid taking cold, to observe a mild diet, and to open the bowels by a very gentle aperient, as No. 74, page 176.

In cases of mild fever, eight or ten grains of compound contrayerva powder, with two or three grains of nitre, may be given in water every night. On the other hand, should uncommon languor supervene without much fever, give five grains of sesqui-carbonate of ammonia, in water, thrice a day. It is not necessary to keep the patient in bed, unless the fever is considerable.

When the testes and breasts simply enlarge, they ought to be interfered with very cautiously; should they be very painful, and tend to suppurate or break, cooling purgative medicine, as No. 73 or 74, should be given, a few leeches be applied, and afterwards a warm poultice.

"In the treatment of this complaint under a change of seat," (he means,

to the purse in boys and the breasts in girls) "regard should always be paid to the part originally affected. With this view we have always blistered the parts immediately over the parotids and we think with decided advantage. If the change has taken place in the male, we also) exhibit an emetic, and apply warm vinegar by means of flannel to the scrotum, and this is to be repeated from time to time. A brisk purging should instantly instituted after the operation of the emetic is entirely over, provided neither the blistering nor the vomiting has been successful in recalling the morbid action to the original seat of the disease."—Dewees' *Practice of Physic*, vol. i., p. 344.

In case of high fever occurring, with outer alarming symptoms, the usual means of reducing inordinate vascular action by bleeding, purging, etc., must be resorted to.

Should any hardness be left in the glands after recovery, they ought to be anointed freely with the liniment, No. 42, page 162.

GENERAL NERVOUS DISORDER

Weakness and irregular action of the greater part or whole of the nervous system is now so common, that I am desirous of impressing my readers with the fact that no treatment is half so efficacious in such complaints as the free use of cold water, plenty of active exercise, and a little steel and carbonate of ammonia; and sometimes a drachm of Epsom salts every morning, in chilled water. No blood-letting or aperient medicine should be had recourse to. See the OBSERVATIONS ON THE COLD IT WATER, CURE at the end of this volume.

So valuable is constant exercise and pure air in the cure of general nervous disorder, that a celebrated foreign physician accumulated a large property from his success in the treatment of such affections by these means.¹ He was in the habit of imposing long rides or walks every day, with early rising, so that his patients

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1. If my memory is correct, this was Dr. Tronchin, of Geneva, whom the miserable, daring infidel Voltaire sent for in his last illness, and whom he besought with extreme earnestness and anxiety to prolong his existence, if possible.

were fully exercised, but short of any particular fatigue; by which practice he ensured a keen appetite, perfect digestion, refreshing sleep, and regular bowels, and by degrees gave an abiding tone to the nerves and muscles of every part. This was similar to Dr. Jephson's excellent practice, and to that imposed by the water system.

NETTLE-RASH

This is an eruption resembling that produced by the stinging of nettles; whence its name. The rash often appears instantaneously, especially if the skin be rubbed or scratched, and seldom stays many hours in the same place, but vanishes; and again makes its appearance in another part of the skin. The parts affected with the eruption are often considerably swelled, and a troublesome itching is invariably present.

The cause may be either mechanical irritation or acidity and other disorder in the stomach.

It is usually a very mild disease and rarely requires any medicine beyond a cooling purgative, as No. 27 or 28, pages 155-56. Should the feverishness at night be considerable, the draught, No. 24, page 153, may be taken, or five grains of James's powder in a pill; and if the rash frequently returns, particular attention should be paid to regulate the bowels, and allay irritation in the stomach, and the ammonia mixture, No. 78D, page 181, should be given. Keep the bowels free from confinement by an occasional use of the saline powder, No. 130A, page 209.

NEURALGIA

This is a class of affections which consist chiefly in acute pain in some part of the body, and have their site in the *nerves*, since the pains present follow the course of these, but of the precise nature of which we are ignorant. There are many species or varieties of *neuralgia*, for example, *tic douloureux*, *sciatica*, or hip gout, etc., are varieties of this affection; but I have introduced the present article,

chiefly for the purpose of noticing *neuralgia* of the *lungs* and of *the heart*. In *neuralgia* we cannot discover any constant lesion of the solids nor evident alteration in the fluids, and must therefore consider the disorder to be one of the nervous influence. In these cases, dissection has afforded variable results: frequently no diseased condition of the nerve affected has been found; sometimes it has been found smaller, at other times larger than natural; and in some rare instances, the sheath or envelope of the nerve has appeared red from injection of its vessels.

It cannot be doubted, that there are two sorts of *neuralgia*, very different from each other in almost every respect, and yet too apt to be confounded. The one proceeds or arises from a local and circumscribed cause, which may, in some cases, be removed by a surgical operation, or by magnetism. The other appears to, depend upon a constitutional cause, that is, upon great derangement of the general health, and is treated successfully only by attention to this derangement. The latter species is usually seated in some of the most superficial nerves, returns at irregular intervals, induces little or no change in the appearance of the part affected, either during life, or when examined after death, and may, therefore, be supposed to have a constitutional or systematic origin, and not merely a local and circumscribed one. Some persons consider *neuralgia* to be dependent upon an inflammatory state of some portion of the nervous system, but I do not consider this correct.

1. *Neuralgia, or nervous pains in the lungs*. It is by no means rare to meet with individuals who, without any physical or rational sign of organic disease and sometimes even while enjoying the most perfect health in other respects, suffer acute pain, occasionally even extremely acute pain, in the interior of the chest. This pain may be momentary or of long duration, intermittent or continued, confined to one spot or diffused, fixed or moveable; and sometimes it shoots by fits along the walls of the chest and the neighbouring parts, in the course of the intercostal and anterior nerve of the chest or the congeries of nerves in the arm-pit. It is frequently deep-seated between the spine and shoulder-blade.

It is worthy of notice here, that many young women are very

subject to pain in the side, about the middle of the false ribs. This is commonly connected with some derangement in the health, poor blood and sometimes with more or less lateral curvature of the spine. Bleeding is by no means proper in this affection, which is most certainly removed by those measures which tend to invigorate the system, and establish the general health. There is a pain in the left side of peculiar origin, which is fully treated of in my DISEASES OF FEMALES.

2. *Neuralgia, or nervous pains in the heart.* Sometimes these pains are confined to the region of the heart, but frequently they extend at the same time, or vicariously, over a greater or less portion of the lungs and stomach. Sometimes they exist simultaneously in the superficial nerves of the neck and extend along the tract of the branches supplied by these to the anterior parts of the chest; still more frequently at the very time they are felt most severely in the heart, they shoot with corresponding violence along the nerve of the arm-pit, and more particularly along the nerve of the arm to the elbow; and sometimes as far as the fingers, simulating the organic affection, called *breast-pany* or *angina pectoris*.

It is of consequence to observe, that this affection sometimes so strongly resembles the organic disease called *angina pectoris*, as to require the aid and exercise of considerable judgment to distinguish one from the other. This fact should inspire the patient with hope, and induce calmness and composure, and it should lead the medical practitioner to offer his opinion cautiously and with some reservation in the majority of instances. Neuralgia is met with much more frequently in some years than others and it seems that the prevalent type of disease influences its development.

TREATMENT—Whatever has the greatest effect in invigorating the system, and restoring all the functions of the body to a state of healthy action, will be almost uniformly of the greatest service in the treatment; so that we should be guided therein by the principles laid down at pages 345-49, and employ the remedies referred to under INDIGESTION. Cod-liver oil, and the mixture of iron and ammonia, No. 84A are excellent remedies. Of local remedies, either

magnetism,¹ galvanism or electricity, will be found the most useful. "When the pains are fixed (says the late able French physician, M. Laennec), I have frequently relieved them by the long-continued application of two magnetised steel plates, disposed in such a manner as to throw the magnetic current existing between them, through the affected part." See it the case mentioned under HICCUP.

In nervous pains of the limbs, as well as the heart and lungs, the mixture, No. 74C, page 177, twice daily, or half a drachm of Epsom and Glauber's salts, every morning, in chilled water, is an admirable remedy.

NIGHT-MARE

This is certainly a nervous affection, in which there is a violent struggle and tremor, with a severe pressure on the chest. The sensation is frequently preceded by some fearful dream, as that of an implacable enemy, known or unknown, in close pursuit of the dreamer, from whose grasp he feels incapable of escaping; or of exposure to some overwhelming danger.

It appears most frequently in persons of an irritable or nervous temperament, and of a weakly constitution; particularly amongst those who are predisposed to low spirits. Others, indeed, are occasionally affected by it, but more rarely, and perhaps in a less degree. The most usual exciting causes, are great fatigue of body and mind; indigestible food; and long continued disorder of the stomach and bowels. It may often be looked upon as a certain indication of deranged health.

TREATMENT—The treatment is very similar to that directed for indigestion. The mind and body should be kept free from all undue fatigue and commotion; the diet be light, and especially towards evening; and the bowels be preserved regular, by the occasional use of the pills, No. 100, page 193. I recommend two grains of

1. Although magnetism has fallen into contempt in England, it is well known that the Commission appointed by the Royal Society of Medicine in Paris, in 1776 to investigate its effects, published a very favourable report of them.

quinine and two of sulphate of iron in a pill, twice a day, as a valuable remedy.

If the stomach and general habit are weak, the appetite deficient, and the pill of quinine and sulphate of iron is not tried, then the patient should take the carbonate of iron pills, No. 102, recommended for nervous disorders or the quinine pills, No. 115, or the mixture, No. 74C; with very considerable daily exercise on foot or horseback. The pills, No. 104, are often useful. In all cases, the supper must be very simple, and small in quantity, animal food being then altogether avoided.

PAIN IN THE STOMACH

The pain of the stomach here adverted to is often of frequent though uncertain occurrence. It is quite unconnected with inflammation, being purely of a slow chronic character. In some persons, the pain is moderate; in others excruciating, and of a very depressing nature. The stomach may feel empty, or distended, and sometimes there are bitter or saltish eructations. The more excruciating sort of pain scarcely ever exists with pain in the head; and in such cases the moment it ceases, the patient is often as well as he could wish. This is not the case in CHRONIC GASTRITIS, noticed at pages 710-12.

The causes of this complaint are sometimes obscure, but it is generally owing to a peculiar weakness and disorder of the stomach; and indigestible food, anxiety of mind, great fatigue of body, costiveness, and exposure to wet, are the most frequent exciting causes of the pain.

When neither vomiting nor emaciation prevails, it is very seldom a dangerous complaint.

TREATMENT—A very good plan of treatment is to take the following draught of volatile alkali, magnesia, mint water and tincture of henbane, about twice a day; with moderate exercise in the open air, avoiding excessive fatigue, and injurious exposure to damp and wet.

Take of pure water of ammonia 10 drops;
 Calcined magnesia 5 grains;
 Peppermint water 1½ ounces;
 Tincture of henbane half a drachm.
 Mix, for a draught, to be taken two or three times a day.

A rigid animal food diet should, at the same time, be adhered to in bad cases, little vegetable food whatever being taken, except a little plain biscuit, and bread. All slop fluids, as coffee soup, etc., must be avoided, but a little good white wine or very weak brandy and water, may be taken every day, if they do not disagree. In very severe cases, it will be absolutely necessary to be exact in following this plan, in order to obtain a cure.

If the preceding draught does not produce all the effect desired, it may be changed for *the sulphate of quinine*, or *the oxide of bismuth*, No. 103A, page 197, which are sometimes of excellent use.

Take of sulphate of quinine 20 grains;
 Extract of gentian, a sufficient quantity to make fifteen pills.
 One to be taken three times a day.

When the pain is so severe as to demand immediate relief, opium will often be found of inestimable advantage; but it should not be forgotten, that it is only a palliative, and that we must look to the above plan for effecting a cure. To procure a speedy relief, from thirty to forty drops of laudanum may be given in a little peppermint water, and repeated in an hours if necessary. Or, from ten to fourteen drops of the black drop may be taken in the same way; or a quarter of a grain of muriate of morphia; these are less likely to affect the head than laudanum, especially the muriate of morphia.

The oxide of bismuth is justly considered one of the most efficacious medicines in this complaint, and the pill No. 103A, is very effectual. I have found the following pills persevered in for three or four weeks of superior service :

Take of powdered rhubarb, 25 grains;
 Powdered ipecacuanha, 6 grains;
 Castile soap, half a drachm;
 Extract of gentian, a sufficient quantity to form the mass,
 which is to be divided into twenty pills.
 One to be taken twice a day, with one of the pills, No. 99;
 every other night.

Sometimes what people call pain in the stomach is a pain in the bowels, and it is material to observe that this pain may arise from chronic inflammation, or a highly irritated state, of the mucous membrane of some part of the intestinal canal, similar to the *chronic gastritis* mentioned at page 710-12. This we call *chronic enteritis*, and the treatment well be similar to that described at page 696 : the compound tincture of Benjamin will be found useful here.

PALPITATION OF THE HEART

Palpitation is a vehement and irregular motion of the heart. It is sometimes sharp and strong, in which case it is called a *throbbing* of the heart; and sometimes soft and feeble, when it is called a *fluttering* of this organ. The rebound of the heart against the inside of the chest is sometimes so very strong as to be distinctly heard, and to agitate the bed of the patient so violently, that his pulse has been counted by looking at the motions of the curtain of the bed.

Palpitation is frequently found at the pit of the stomach, (which professional men call the *epigastric regions*), when it appears to proceed from some particular excitement of one of the large arteries passing through that part, the heart being unconcerned in its presence.

Palpitations of the nervous kind are frequently much more troublesome than those connected with organic lesion. The former, far from being removed by the most complete repose, are in general felt to be most distressing during the first part of the night. It frequently happens that they prevent sleep for several hours, while a moderate degree of exercise proportioned to the patient's strength, removes or at least alleviates, the distressing feeling of them.

Its *causes* cannot always be satisfactorily ascertained, but it may be simply a nervous affection, dependent upon an excessive irritability of the muscular fibres of the heart, or large arteries; or the effect of positive disease in those or other parts. Pope Urban the Eighth was troubled with this complaint, and after death his heart was found ossified in its general substance. Great disorder of the digestive functions is a very frequent cause of this complaint, especially in excitable patients, and they quite recover.

Its *exciting causes* are violent emotions of the mind, constiveness, and other disorders of the digestive organs, and excessive exercise of body or mind. It not unfrequently follows acute rheumatism.

I have known a disease in the rectum, or last gut, accompanied with stricture, produce a severe and long continued palpitation. Great weakness and disorder of the stomach and bowels is a frequent cause in those cases which are curable.

TREATMENT—People with diseased valves, and with other affections of the heart, live for years and years, and generally enjoy tolerable health if they are attentive to diet and exercise, and to observe tranquillity of mind. Palpitation is by no means a dangerous complaint. *It is of primary importance to guard against a bad state of blood (anaemia), and degeneration of the muscular fibres of the heart.* To do this, the patient should take a two or three weeks course of iron, three or four times a year, such as No. 84A, page 184, No. 102, No. 103A or No. 106A, and observe a generous diet, eating a good deal of salt with the food. Our first object should be to endeavour to ascertain whether the palpitation be owing to general debility, a peculiar irritability of the nervous system, and indigestion; or to an enlarged, or otherwise diseased state, of the heart, or its vessels. In the first cases tonics and antispasmodics, with quietude of mind, regular hours, light meals, pure air, and such daily exercise as agrees with the individual, will almost always produce much relief and sometimes effect a radical cure. The best tonics are the carbonate and sulphate of iron, or of zinc, sulphate of quinine and ipecacuanha, as above referred to. The most useful sedatives and antispasmodics are the extracts of henbane and hemlock sarsaparilla and digitalis.

If the preceding means fail, an efficacious plan is to- take the steel mixture, No. 87C.Y. in the *Appendix* p. 961; still maintaining a generous diet. The exercise should be of the gentlest kind in the beginning, but be gradually increased. Sponging the whole body daily with cold water will be found a useful auxiliary.

If we have reason to apprehend some positive affection of the structure of the heart, or larger blood-vessels, the probability of cure is much lessened, and the great dependence must be upon iron, with or without digitalis, with the warm bath at ninety-five degrees, an issue, rest of mind, and proper exercise of body, food of the easiest digestion, and pure air. Sometimes a little *strychnine* is serviceable, and perhaps no form can be found better than one-twentieth of a grain in two or three table-spoonfuls of the compound steel mixture of the pharmacopœia, taken twice a day.

Whatever may be the cause of the disease, if the palpitation is more than ordinarily troublesome, some mild narcotic should be taken to allay the irritation. From ten to twenty drops of Batley's sedative liquor of opium or the solution of acetate of morphia, may be taken in a little mint-water, every second hour, till relief is obtained; or from five to six grains either of the extract of henbane or of hemlock, may be administered in the same manner. Quiet is indispensable.

If the palpitation is connected with a very full habit of body, some recommend the loss of a small quantity of blood; but this fulness of blood is almost invariably much more safely and effectually removed by a cautious diet and exercise, with sarsaparilla powder, twice a day.

Even should the complaint be severe and obstinate, we ought never to be hasty in deciding upon any positive disease of the heart, or any of the larger organs closely associated with it nor upon any incurable cause whatever; for it has frequently happened, that a palpitation of long standing, and which has been regarded as of a dangerous kind, has gradually subsided. Dr. Cullen, of Edinburgh, has given a striking case in confirmation of this remark, in the eighth chapter of the second part of his *Materia Medica*;—"A gentleman," says he, "pretty well advanced in life, was frequently

attacked with palpitation of his heart, which, by degrees, increased both in frequency and violence, and thus continued for two or three years. As the patient was a man of the profession, he was visited by many physicians, who were very unanimously of opinion, that the disease depended upon an organic affection of the heart, and considered it as absolutely incurable. The disease, however, after some years, gradually abated, both in its frequency and violence, and at length ceased altogether; and since that time, for the space of seven, or eight years, the gentleman has remained in perfect health, without the slightest symptom of his former complaint."

The palpitation in the *epigastric region*, that is, in the pit of the stomach, at the end of the breast bone, is in fact a strong pulsation of the aorta, or some other large artery in that part, and is by no means of unfrequent occurrence. As the late Dr. Baillie's remarks on this subject contain my own sentiments, both as to the symptoms, progress, and treatment of the affection, I cannot do better than transcribe a part of them into this page, especially as his observations thereon are very generally approved by the best informed in the profession.

"I have been frequently consulted," he says, "within the last fifteen years, respecting a pulsation which is distinctly felt in the epigastric region. When the patient first discovers this pulsation he is generally greatly alarmed, and he has seldom found much comfort from the opinion given him by his medical attendant concerning its nature. From a good deal of experience, in cases of this kind, I am enabled to state that the increased pulsation of the aorta in the epigastric region, very rarely depends on any disease of the aorta itself, or of its large branches in that place; and that this occurrence is almost constantly of very little importance. In the course of my experience, I recollect but one instance in which such a pulsation depended on a diseased swelling of the artery."

"In many instances, it is, perhaps, difficult to ascertain the causes of the pulsation; but, in most cases, it will be found to be connected with an imperfect digestion, and an irritable constitution. When it has once taken place, I believe it seldom subsides entirely. However, it does not produce much inconvenience, more especially when the

mind has ceased being anxious about it; and a person may continue to live with this symptom or complaint, just as long as if it did not exist."

In regard to the treatment of this complaint, Dr. Baillie has observed, that whatever improves the digestion, and renders the constitution less irritable, will be of use in mitigating the increased pulsation; and that it is useful to remove the patient's anxiety respecting this disease, where it can fairly be done. Therefore, the best treatment in such cases is that advised for INDIGESTION.

PALSY

Palsy is a diminution or total loss of the power of motion and sensibility in certain parts of the body, but without that oppressive sleep witnessed in apoplexy. Sometimes the powers of voluntary motion alone are affected in any considerable degree, while those of sensation are only rendered a little more obtuse; at other times, however, both kinds are equally torpid and sometimes several of the faculties of the mind participated in the debility, though they are never so completely lost as in apoplexy.

There are three varieties of this disease, the hemiplegic palsy, the paraplegic palsy; and the local palsy. In the first, the disease affects only one side of the body; in the second, it is confined to the lower part of the body on both sides; and in the third, to particular limbs.

Palsy usually comes on with a sudden, though slight, loss of the power of motion in the parts affected, which is frequently preceded by a numbness, coldness, and paleness, and sometimes by convulsive twitches. In some cases, this loss of motive power continues to increase till it becomes complete; in others, it is stationary and partial. When the head is much affected, the eye and mouth are drawn on one side, the memory and judgment are impaired, and the speech is indistinct and incoherent. If the disease affects the limbs, and has been of long duration, it not only produces a loss of motion and sensibility, but likewise a considerable flaccidity and wasting away in the muscles of the parts affected.

The progress of the disease is uncertain; and depends very much upon the state of the nervous system at the time of the attack. If there be no chronic debility or other morbid condition of the brain, the patient will sometimes recover entirely in a week, or even less; but if this system or some particular part of it, be in an infirm state, he recovers only imperfectly; and obtains, perhaps, a thorough or a limited use of the lower limb, while the upper remains immovable; or he is compelled to pass through the remainder of a painful existence with only one half of his body subservient to his will.

The paralytic state of the lower limbs generally depends upon a diseased affection of the spine, in its bones, ligaments or interior. In such examples, there is at first nothing more than a slight numbness in the lower limbs, with an appearance of stiffness or awkwardness in the motion of the muscles; these symptoms increase by degrees; there is a great difficulty in walking, and an inability in preserving a balance; the aid of a staff, or the arm of an assistant, is next demanded; and the urine is often found to flow in a feeble stream, or perhaps involuntarily. The bowels are at first always costive; but as the sphincter of the anus loses its power of contraction, the motions at length pass off involuntarily. The disease may continue for years, and either terminate in recovery or the patient may, at last, sink from general exhaustion.

Palsy is frequently the consequence of fit of apoplexy; and all the *causes* of apoplexy may give rise to this disease, though no apoplectic fit actually precedes it. The causes are compression on the brain from the effusion of blood, tumours or induration of the membranes; the circumstances predisposing to this disease being advanced age, corpulency, fulness and grossness of habit, an inordinate indulgence in wines, and heavy fermented liquors, excessive heat and whatever tends to relax and enervate the system.

All its varieties more generally appear in the aged and infirm, than in the young and robust; and the left side is, perhaps, more frequently affected than the right.

It will be easily *distinguished* from apoplexy by contrasting the symptoms of the two diseases.

TREATMENT—As in all other complaints, the treatment proper

for this disease will depend on the age of the patient and the healthy or unhealthy state of the constitution. If the patient is young and strong, and the habit full, bleeding and purging are generally proper in the commencement, and they are then particularly indicated when the head is much affected. In such a state, fourteen or sixteen ounces of blood should be directly taken from the jugular vein, or temporal artery; the saline purgative, No. 28, page 156, being given so as to act freely on the bowels; then quietness should be enjoined; and as little exercise of body as possible. Plain food should be given, and but little of it.

But if the age be considerable, the habit debilitated, and the pulse feeble and intermitting, we shall do better to abstain from the use of the lancet, and give the purgative, No. 28, as above advised. If the constitution be very weak, a warmer purgative than this will be advisable, as No. 97, page 191. The purgative should be repeated about once a day, according to its effects, for the first day or two.

After the skin has become cool and moist, take small doses of bi-chloride of mercury in decoction of sarsaparilla, (page 20). We are called upon to endeavour to re-invigorate the brain and nervous system in general, by means of bi-chloride of mercury and stimulants, both external and internal. Electricity and galvanism, warm bathing, leopard's-bane, iodine, vomit nut, and moxa, are the most powerful stimulant remedies in palsy.

Numerous cases have been cured, or greatly benefited, by the judicious use of electricity or galvanism and unless there are symptoms which contra-indicate their employment, they should never be neglected, when other remedies fail. They are more likely to be useful in palsy connected with general debility, than when it occurs in full habits. Physicians generally recommend galvanism as superior to electricity in palsy. Dr. Bardsley, of Manchester, says, that he has found to succeed, when the latter has failed.

In weakly habits, warm bathing is sometimes useful, especially the natural warm waters of Buxton; but in persons who are full of blood, they are not so useful, and should be used with caution. Buxton water is, however, even then of more value than any medicine.

The leopard's-bane (*arnica montana*) has been a good deal praised by some continental physicians, and is worthy of trial. It is said to be particularly useful in palsy of the bladder, and in local palsies of the organs of sense. But the sumach (*rhus toxicodendron*) is, perhaps, much more beneficial. Dr. Alderson, of Hull, employed it with success in twenty-four cases. He began with half a grain, or a grain of the powdered leaves, three times a day, and gradually increased it to five or six grains or till he found a sense of tingling produced in the paralytic part, accompanied with some degree of twitching or convulsive motion.

The vomic nut (*nux vomica*) and *strychnine* is another medicine which has been useful in some instances. Dr. Fouquier, of Paris, and other French physicians, speak well of it. Four grains of the powder may be taken three or four times a day, and increased to sixteen or twenty grains, its effects being carefully watched;—or it may be taken as advised at pages 125-26. It seems of most service in sanguine habits, where there has been a good deal of general strength and energetic health, after irritation has been allayed and the pulse brought down to a subdued and temperate state, by means of blood-letting, purgatives and a mild spare diet. When the head is soon affected by small doses, it is rarely of much use.

The leopard's-bane, iodine and vomic nut, are very active medicines and therefore, must be employed under the superintendence of a careful medical man.

Turpentine, guaiacum, camphor, mustard, horse-radish, garlic and other stimulating medicines of the same kind, have commonly been employed in palsy, but are only applicable to those instances in which debility prevails, and then they are occasionally beneficial. Under such circumstances, the guaiacum mixture or the volatile tincture of guaiacum may be taken to the extent of fifty or sixty drops, three or four times a day, in milk and water; or two, three or four tea-spoonfuls of mustard seed may be swallowed twice a day. Either of the stimulating liniments, No. 39 or 45, pages 161, 163, may be rubbed freely over the parts affected, at the same time. The application of moxa is worthy of a trial in severe cases. See page 96.

In palsy of the lower limbs arising from a disease in the spine,

a very useful remedy is a large issue, made as near as possible to the diseased part of the spine, which must be kept open for a great length of time.—*See Spinal Curvature.*

If the palsy arises from the use of lead or exposure to its fumes, the means pointed out under DEVONSHIRE COLIC must be resorted to and the palsied arms supported in splints and a sling.

Both *palsy of one side of the body*, and *palsy of the lower limbs*, is sometimes met with, as originating in a venereal affection of the membranes of the brain. Patients have perfectly recovered from such formidable attacks; and mercury in mild doses is the best remedy. A Plummer's pill, or a pill No. 99, page 192, twice a day, with a dose of sarsaparilla in the morning, will be found effectual, if persevered in for a sufficient length of time, such as six or eight weeks or more.

In debilitated subjects, especially after the disease has lasted some time, the diet should be nutritious, but mild and moderate in quantity.

The preceding directions for the treatment of palsy are those authorised by the best informed physicians of this country, but we ought, I think, to regard palsy commonly, if not universally, as a loss of the power of motion, and of sensibility in certain parts, depending on impoverished blood and deranged general health. We should, therefore, consider what are the best means of re-establishing the general health and strength, rather than to search after medicines or means of a supposed specific character, which is a practice far too commonly indulged in, both in this and other chronic maladies. My experience leads me to believe that a treatment founded on this view is not only the most efficacious, but the only one which will succeed well in the majority of instances.—*See GENERAL PRINCIPLES*, page 345.

SHAKING PALSY is noticed as a distinct complaint.

PERIOSTEAL DISEASE OF BONES

The periosteum is the membrane covering the bones under the skin; it is subject to inflammation, thickening, swelling and in some cases

there is ulceration, usually denoted by pain, more or less acute, referred to the surface of the bone affected. The shin bone is particularly subject to it.

The *treatment* is very similar to that recommended for *chronic rheumatism*. A Plummer's pill every night, No. 117, page 203, with a dose or two of the guaiacum mixture every day, are excellent remedies. The iodide of potassium (page 76), is one of the chief remedies in *hard* periosteal nodes; but if the node has become soft, that is, if suppuration has commenced, sarsaparilla is the remedy, iodine then being useless. Then take a drachm of sarsaparilla powder, in a wine-glassful of watery two or three times a day.

PILES

The piles consist in a distension of what are technically called the haemorrhoidal veins; or in a relaxation of the surrounding skin and cellular substance, with an effusion of blood into it, forming small tumours, either within the anus or its verge or sometimes producing one tumid ring, by which it is surrounded.

In some cases, they are attended with a discharge of blood, particularly when the patient goes to stool, called the bleeding or open piles; in others, there is no discharge, when they are denominated the *blind piles*. Sometimes they are situated within the gut, and obtain the name of *internal piles*; but more frequently they proturde beyond the anus (or fundament), and are called *external piles*.

They are sometimes preceded by a sense of weight in the back, loins, and bottom of the belly, together with uneasiness of the stomach, and flatulency in the bowels; on going to stool, a pungent pain is felt in the fundament, and small tumours are found to project beyond its verge. If these break, a quantity of blood is voided, and considerable relief from pain is obtained; if they continue unbroken, the patient experiences great torture every time he goes to stool and feels an inconvenience when sitting down on any hard seat. Sometimes incontinence of urine accompanies the complaint.

Frequently, however, the *symptoms* are not so severe as this,

but are, notwithstanding, very troublesome, as the patient is, from time to time, annoyed by a relaxation of the skin about the anus, and the formation of a small tumour, which is apt to increase and be very painful, when the patient is walking or standing long. The tumour will sometimes bleed, at other times it will not.

Piles which bleed but little are not of much consequence; but those which bleed profusely, cause violent pain, or induce inflammation and its effects, demand the greatest attention.

In some instances, there is a considerable protrusion externally, forming *prolapsus of the gut*, and constituting a combination of piles with prolapsus. In these cases the patient is greatly annoyed in walking or riding on horseback, indeed, in any situation in which he cannot, by the use of the fingers, put the protruded part up above the grasp of the sphincter muscle.

General debility and habitual costiveness are the *most frequent causes* of piles. They may likewise be produced by hard riding; fulness of blood; excessive indulgence in heating liquors; the use of aloes; the suppression of long accustomed discharges; and the pressure of the pregnant womb.

Persons who lead sedentary lives are those most subject to this complaint, as such a mode of living renders the bowels sluggish in their action, weakens the whole intestinal canal, produces internal obstruction, and enervates the general habit.

TREATMENT—As the piles are generally owing to costiveness, and weakness of the bowels, particularly relaxation of the rectum, one of the best plans of treatment consists in keeping the bowels in a lax condition, by means of some very mild aperient, such as sulphur combined with lenitive electuary and after this has been used for two or three weeks and any accumulation of excrement removed, a suitable warm aromatic or stimulant, as black pepper, or balsam of capivi, should follow. The brimstone and lenitive electuary is one of the most proper aperients in this complaint, for it clears the bowels without irritating them; and the aromatics recommended gently stimulate the bowel, and give it tone.

Take of Flower of brimstone	2 drachms;
Lenitive electuary	1 ounce;
Cream of tartar	2 drachms;
Syrup of ginger, a sufficient quantity to make 'the whole into an electuary.	
A tea-spoonful should be taken once, twice or thrice a day, so as to keep the bowels gently open.	

After using this for a short time, take cubebs and confection of black pepper, as here directed, still constantly preserving the bowels free from confinement, by the brimstone electuary, if it cannot be effected by diet and regular solicitation. Cubebs and black pepper I have known of eminent service in piles and painful relaxation in the last bowel.

Take of Cubebs, in powder	half a drachm.
Confection of black pepper	half a drachm.
Mix them, and take this twice a day.	

Another remedy is thirty or forty drops of balsam of capivi, twice or thrice a day, either on sugar or in water or what is still better, in capsules. *See* page 16. This balsam is of much service in piles which occur in delicate persons, and depend upon relaxation of the parts.

Together with the use of the above internal medicines, the patient may apply locally, twice or thrice a day, the ointment No. 94 or the lotion No. 72. In many cases, they will be found very efficacious. If any inflammation exist in the part, the patient should apply cold salt and water freely before using an ointment. Cold salt and water is an admirable lotion for piles.

It is very important to bathe and cleanse the fundament every night and morning with hard yellow soap and water and then to introduce a little of the pile wort ointment into the rectum with the finger. In the case of internal piles, I usually recommend the use of a metallic rectum bougie or a wax bougie well covered with the ointment and allowed to remain for half an hour or an hour, in the bowel. Only thin brown paper should be used and cold salt and water freely employed after every evacuation of the bowels.

In almost all cases of piles, whether occurring in strong or weakly habits, the pain or irritation present are much relieved by the free application of cold water; and also by gently pushing the piles up within the grasp of the sphincter muscle, with the fore finger, when they are situated externally. If the heat and irritation are very severe, the immersion of the parts in a bidet or hip bath of cold water should be resorted to, and will afford the most grateful relief. Generally speaking, the use of cold water is far more beneficial than warm fomentations; but now and then the latter are found of most service, when, of course, they should be preferred.

If the above plan of treatment is not attended with satisfactory relief, the sulphate of quinine pills, No. 115, page 202, may be taken, twice or thrice a day, at the same time. In weakly persons this medicine is sometimes of considerable service as an auxiliary to the foregoing measures.

But should the piles occur in strong persons from hard riding, excess in heating liquors, or other causes, the black pepper paste would not be proper, in consequence of its heating qualities, nor will the balsam of capivi be often of service. In such instances, the objects are, to preserve the bowels in a lax condition by the occasional use of the brimstone electuary, or the mixture, No. 73 or 74, page 176; and to allay the inflammation locally by the liberal use of cold salt and water, after applying eight or ten leeches to the parts. Rest, and the horizontal position, should be observed, together with a mild vegetable diet, until the inflammation has subsided. Here leeches are sometimes very beneficially employed, but they are seldom proper when the complaint occurs in weakly habits.

Now and then persons of a strong constitution are frequently troubled with the present complaint, although they are temperate in their habits; in which case, the best remedies are, the brimstone electuary, with a dose of the mixture, No. 74, occasionally, cold water being applied to the parts as often as occasion requires, and once a day, or once in two days, the cooling ointment, No. 95, page 190. In point of diet, every thing heating and constipating must be avoided. It is in habits of this description, that the piles are sometimes salutary from the discharge attending them, and when

this is the case, that discharge must be moderated, but not altogether checked.

In the open piles, should the bleeding be profuse, the coldest water must be constantly applied to the parts, with pressure by means of cloths dipped in cold water. But there is, perhaps, nothing which so directly stops the bleeding, as putting the piles up within the grasp of the sphincter muscle, which may almost always be readily done by gentle pressure with the finger, smeared with cold cream.

Sometimes patients mistake some other disease about the last gut for the piles, and whenever there is any doubt upon the subject, the advice of an attentive and well-informed surgeon should be taken without delay. I recommend Mr. Skey, of Lower Grosvenor Street, or Mr. Henry Smith, 16, Caroline Street, Bedford Square.—
See STRICTURE OF THE RECTUM.

It is quite possible, by means of nitric acid, perfectly to cure piles, a discovery made by Mr. Henry Smith, of King's College Hospital. The piles having been brought into view the piles to which the acid is to be applied, should be very carefully wiped with lint. The surgeon then dips the end of a small flat piece of wood, or a glass rod into pure strong nitric acid and touches the whole of the piles carefully with it. The part touched, and the neighbouring mucous membrane, must now be well smeared with oil, and then the whole of the exposed parts should be returned within the anus.¹ Mr. Smith says it produces little pain, and may be applied, if necessary, a second and third time at intervals of a week; but, of course, if there is any ulcer present, that must first be cured. No one suffering from piles or prolapsus, within reach of Mr. Smith, should fail to consult him.

The most efficacious means of preventing a recurrence of the piles is, to keep the bowels free from confinement by some mild opening medicine, and attention to diet and exercise, now and then resorting to a little black pepper paste, or the balsam of capivi. Strong persons, who have a great deal of blood flowing in their

1. Smith, *On Piles*, p. 43.

veins, may take with advantage a little Epsom and Glauber's salt occasionally, as No. 27, page 155, or the powder No. 130, page 208. The excision of these excrescences is, however, the most certainly radical cure. It may be performed either by ligature, the knife, or scissors. Some surgeons advise the use of the ligature; others recommend the knife. The opinion of the majority of the most able surgeons is in favour of excision by the knife, but they are sometimes led to prefer the ligature, that is, when the piles are too large safely to admit of the use of the knife. Cutting off these excrescences, by means of the scissors, is a very simple and safe operation, provided they are small and is a mode of relief which well merits the attention of every one suffering much from this complaint.

An opinion has commonly prevailed that the bleeding from piles is of a salutary or critical nature, but this is more frequently false than true. In weakly persons; of a confined habit of body, they are very generally a symptom of unsound health, and ought to be cured in the way advised. In robust patients, however, and those who are full of blood, the bleeding piles are sometimes useful; and clearly so, when any complaint, to which the patient may have been previously subject, is either removed or lessened in severity, on their appearance. In such instances, as I have just remarked, they should be moderated, but not altogether checked, which is likewise to be observed when they appear in the place of some other and long-accustomed discharge, as bleeding from the nose, etc.

When there is a *prolapsus of the gut*, as referred to at pages 787-788, an operation may frequently be performed with complete and permanent relief; but should the patient be beyond fifty years of age and have suffered long from the complaint, or should other causes exist indicating the propriety of not risking the event of an operation, I would strongly recommend a spring truss for supporting the part when walking or riding, made by Mr. Atkinson, 3, Hemming's Row, St. Martin's Lane. He has shewn a great deal of ingenuity in the construction of this truss, and if it generally answers so well as he says it does, the comfort derived from it will be great

indeed. Bell and Moody, of Bath, have also a truss which is spoken well of.

PLEURISY

The chief symptom of pleurisy is a catching pain in the side on drawing in the breath.

The symptoms and treatment of pleurisy or inflammation of the membrane lining the chest and which is called the pleura, are so much like those noticed under inflammation of the lungs, as to render it quite unnecessary for me to treat of the former affection separately, and I, therefore, refer the reader to the article on inflammation of the lungs for the usual symptoms and correct treatment of pleurisy. Indeed, many of the most able physicians assert that the two diseases cannot ordinarily be distinguished with certainty from each other during the life of the patient and all agree that they do not materially differ in their treatment. Leeches applied to the side, followed by a large and hot poultice, are the principal means of cure.

But there is a **BASTARD OR SPURIOUS PLEURISY** which might be mistaken, by inexperienced persons, for the true acute pleurisy, and which I think it proper briefly to notice. This bastard pleurisy is an inflammatory affection of the muscles covering and passing between the ribs, which produces an acute pain of the side, increased on inspiration. It is distinguished from the true pleurisy, which is an internal affection, by being attended with little or no fever, and scarcely with any cough; and by the increase of pain which always takes place on movement of the chest or any exertion causing the contraction of the inflamed muscles.

The bastard pleurisy seems to be a sort of rheumatism; yet it sometimes spreads internally, occasioning the true pleurisy.

The most effectual means of removing it is, to foment the part affected with hot water, and to take a pill, composed of a grain of calomel, a grain of opium, and three grains of James's powder, or a quarter of a grain of tartarized antimony, at bed time, which may be repeated every night, or even twice in the twenty-four hours,

till the complaint is cured. At the same time the bowels should be opened by some mild aperient, as No. 74, page 176 or No. 100 or 101, pages 193-94, and the feet kept warm and dry. If these means fail, a blister may be applied to the chest; and the above calomel pill continued.

POLYPUS

Polypus of the womb is an important, and not an unfrequent complaint, and is considered at length in a place more suitable than the present publication, viz., in my *Treatise on the Diseases of Females*. I shall here make a few remarks respecting *Polypus of the Nose*.

There are different kinds of polypus : the principal are the *fleshy polypus*, a red, soft, and sensible swelling, free from pain, like a piece of healthy flesh; the *gelatinous polypus*, a softer, semi-transparent tumour, of a pale yellowish colour; and the *hydatid polypus*, which generally occurs in young people, and the cysts of which may be burst by pressure and the fluid in them discharged. These are *benign polypi*. The *malignant polypi* are hard, scirrhus, and painful; the *cancerous polypus* is a disease of old age, and there is a malignant polypus called *fungoid*, that is, of a *fungous* character.

The *causes* of this disease are involved in some obscurity. My opinion is, that there must be supposed to exist in the constitution a disposition to some local malady, and the nasal membrane being in such instances peculiarly disposed to assume a deranged action, extraneous matter is thrown out, or an extraneous growth is seen, which constitutes the disease called polypus; or should there be no disorder of the constitution, there must still be a local disposition to this form of affection and local agents may give rise to it, or at least strengthen the disposition, so as to bring it fully into action.

TREATMENT—This disease when *benign*, is usually treated either by extracting it with *forceps*, which is the most common and proper method, or extirpating it by means of a *ligature*.

Of course the most able surgeons should be consulted in such

a case. It requires, sometimes strong powers of discrimination to distinguish whether a polypus is fit for an operation.

In most cases, the patient will find advantage from an alterative course of medicine, in which I would recommend particularly the sarsaparilla, or dandelion; with the pill, No. 98 or 99, pages 191-92, every or every other night; following, at the same time, the rules in regard to diet and regimen, recommended under INDIGESTION, and trying change of air. The air should be dry and bracing.

Under TUMOURS, the patient may read a valuable case of swelling in the left nostril cured by sarsaparilla, taken in large doses.

PUTRID SORE THROAT

There is a fashion in medicine, as well as every thing else in this world, and we never now hear of putrid sore throat, but it is all *diphtheria*; and therefore what I have stated with respect to the symptoms, causes and treatment of *diphtheria*, is applicable to putrid sore throat. Diphtheria is nothing but the old ulcerated or putrid sore throat.

The chief *symptoms* are those of frequent pulse, stiffness in the neck, and sore throat. The whole internal part of the throat appears of a fiery red colour, changing into large whitish-coloured stains, patches of chamois leather appearance and extensive sloughs.

In the worst cases, the sloughs corrode deeper and deeper, and spread throughout the whole alimentary tube,¹ or to the windpipe; the symptoms of irritation continue to increase; incipient mortification supervenes; a severe purging comes on; and the patient expires. Death usually takes place before the seventh, often as early as the third or fourth day.

TREATMENT—What I have said under *Scarlet Fever* and *Diphtheria*, is strictly applicable to the treatment of the present disease, of which, indeed, it is only a particular phase. Therefore I

1. The alimentary tube, or canal, includes the internal surface of the gullet, stomach and intestines, that is, the whole space from the beginning of the gullet to the anus.

strongly recommend five or six grains of *sesqui carbonate* of ammonia to be given in water, every two or three hours, to a child of twelve years old, until the patient is evidently relieved, when its repetition every four or five hours will be sufficient, or the prescription for ammonia given under Scarlet Fever may be used. Ammonia possesses specific powers in this terrible malady, and may be trusted to with the utmost confidence in the very worst cases. Some medical men will not trust to it, but that should not deter others.

If the patient can gargle, he should make use frequently of a gargle composed of fifteen drops of liquid ammonia in a wine glass of water; and if he cannot gargle, then the whole of the throat should be mopped with a very soft piece of sponge dipped in that solution of ammonia and water. Wine should be given freely. Women, unaccustomed to wine, have taken it successfully under this disease in the proportion of two bottles a day, for more than a fortnight.

If the patient will not trust to ammonia, the next best thing is muriatic acid, or the tincture of muriate of iron. The muriatic acid may be taken as recommended under Typhus Fever, but I do not think it here by any means so *efficacious* as ammonia.

Dr. Willan recommended the oxygenated muriatic acid as a tonic of very superior value in this disease, and there can be no doubt of its being an efficacious antiseptic. It may always be got pure at Mr. Garden's, Chemist, Oxford Street. The dose is half a drachm, three times a day, in cinnamon water.

The patient's linen must be frequently changed, the windows and doors opened, and pure air freely admitted and fumigation with the nitrous acid vapour often resorted to. This vapour is disengaged by putting half an ounce of sulphuric acid into a china saucer, or any other suitable vehicle, and sprinkling into it, from time to time, a little nitre, the china saucer containing the acid being warmed over a lamp, or put into heated sand. Several of these vessels may be placed in the apartment, and the passages leading to it, at twenty or thirty feet distance from each other. Dr. Willan has remarked, that the refreshing antiseptic vapour detached by this process, and circulated through the room, presently clears

the patient's throat and at the same time removes the fetor both of the breath and perspiration.

The putrid sore throat being highly contagious, especially among children, it will be prudent on the first appearance of the disease, to separate the sick from the rest of the family; and it is absolutely necessary that the excrement and urine, together with the discharge from the patient's mouth, should be removed from the house directly they are voided.

RECTUM—DISEASES OF THE

Excoriations and slight ulcerations are sometimes met with at the orifice of the rectum, causing disproportionate suffering and anxiety. The present work being already sufficiently voluminous, I cannot introduce here more than a passing remark respecting the nature and treatment of this painful affection and must refer my readers for an ample account of the disease to my Treatise ON THE MANAGEMENT AND DISORDERS OF INFANCY AND CHILDHOOD.

In the treatment it is of importance to keep the bowels open by dietetic management, and the occasional use of confection of senna. The ulceration should be touched with the point of a little piece of sulphate of copper, morning and evening, and after the bowels have been opened, apply hot water with a sponge for a few minutes; and then an ointment consisting of half a drachm of grey powder mixed with an ounce of spermaceti cerate. If this does not cure the patient, the disease may require that a probe pointed bistoury should be passed through the ulcer, fairly dividing it longitudinally down to the subjacent tissue. The reader will find the details of an interesting and instructive case or two, successfully treated, in the volume above mentioned.

In all complaints of the rectum frequent washing with cold salt and water will be found of eminent service.

RHEUMATISM

This complaint naturally divides itself into two species, *Rheumatic*

Fever and Chronic Rheumatism, which, as they differ, both in their symptoms and treatment, I shall treat of separately.

Rheumatic Fever

Acute rheumatism, or rheumatic fever, consists in pain, inflammation, and fulness, usually about the larger joints and surrounding muscles,—symptoms which often wander from one part to another; the urine depositing a red sediment and the accompanying fever being inflammatory.

It is usually called *rheumatic fever*, but some people very erroneously denominate it *rheumatic gout*. I have known even medical men of respectability, call it by the latter name, a convincing proof that sufficient attention was not paid to the pathology of the complaint.

Acute rheumatism usually commences with languor, chilliness succeeded by heat, thirst, restlessness and a quick pulse; there is also a sense of weight, coldness of the limbs, and confined bowels. In the course of a day or two, inflammation, with acute pain, tumour, and tension, makes its appearance in one or more, of the larger joints of the body. The pain is frequently transitory and apt to shift from joint to joint, leaving the part previously occupied, swollen, red and extremely tender to the touch. The pulse now becomes full and hard, usually 120 or 130 in a minute; the blood, when drawn from a vein, is cupped, exhibiting the inflammatory surface; the tongue is much furred; the bowels are commonly, very costive; the urine high-coloured and loaded; and there is a profuse sour-smelling perspiration, unattended by relief.

Sometimes, however, the pain is the first symptom and the fever follows. When the pain is not very severe and confined to a few parts, the fever is slight, and the disease is *sub-acute*; when it is severe and felt in many parts, the fever is more considerable, and it is most so when the pains extend over the whole body. Both the pain and fever generally suffer an increase in the evening, and a remission towards morning. The pains are much increased on the slightest motion requiring the action of the muscles affected,

and are most severe, as well as most apt to shift their place, in the night-time. The fever abates sooner than the local symptoms and is rarely protracted beyond a fortnight or three weeks. The pains, for the most part, are the last symptom which leaves the patient. They often begin to abate about the eighth or tenth day, but generally continue, with more or less severity, to the thirtieth or fortieth. Sometimes they continue for months, and even years; and it is very uncommon for them to disappear before the twentieth day.

Cold or damp applied when the body is heated, is the most usual cause; and the young and vigorous and those between the age of puberty and thirty-five, are most subject to it. It is more frequent in the beginning and towards the end of winter, than at any other season. Both rheumatism and gout are now regarded as diseases of the blood. In the former disease the morbid matter is supposed to be *lactic acid*; in the latter, *lithic acid*.

Persons who are full of blood are frequently attacked by it, and whatever occasions a sudden fulness of habit may be ranked among its exciting causes.

The only disease with which it is liable to be confounded is gout, which see. The gout is preceded by more evident symptoms of indigestion; comes on more suddenly; attacks the small joints; and has not so strongly marked an increase of the fever and other symptoms at night, as we witness in acute rheumatism.

TREATMENT—Many different modes of treatment have been recommended in this disease, but the *alkaline* treatment is unquestionably the best; and one of the most successful modes of proceeding is to take the draught, No. 27B, page 156, every four hours, with two of the pills, No. 97, page 191, at bed time. This draught should be taken every four hours until the patient is sensibly relieved, and the urine is no longer acid, but has become *alkaline*; then every six hours will be often enough to repeat the draught. As long as the bowels do not act freely and comfortably, the purgative pills, No. 97, should be taken at bed time; and if the pain in the joints is severe, the calomel, opium and James's powder pill, recommended at pages 801-02, may also be taken in the evening. In the commencement of this disease the diet should consist only

of slops, such as gruel, bread and butter, tea and such like; and oranges or lemons may be freely sucked.

The preceding means will generally very greatly and sensibly relieve the patient in the course of two or three days, but it will not cure him so soon. At the end of these three days, should the urine continue alkaline, and the pulse be less frequent, then is the time to discontinue the draught No. 27B, and to take a draught composed of a wine-glassful of decoction of bark and one scruple of bi-carbonate of potash, thrice a day. Bark now sustains the patient's strength without heating or exciting him; on the contrary, it relieves the fever and perspiration, and even if the tongue is furred, bark should be given, provided the urine has become *alkaline*, and a free action of the bowels is kept up by Seidlitz powders, or the pills, No. 97. As soon as the improvement of the patient admits of the use of bark, the diet should be more generous, such as a little rice or bread pudding, porridge, asparagus, mashed potatoes, and mutton broth, for dinner, and an egg for breakfast. The best drink throughout are saline draughts, thin barley water, or *Thwait's soda water*. Meat is apt to disagree and produce a relapse if taken too early and this occurs even in rheumatic attacks not attended with a bounding pulse or profuse perspiration.

Throughout this disease, it is a grand point to keep the bowels acting freely, and as long as they are loaded with unhealthy, dark-coloured, offensive secretions, a grain or two of calomel should be given at night, combined with four grains of compound colocynth pill; or the pills, No. 97, may be taken; or a Seidlitz powder is a very suitable aperient, and that may be taken at any time of the day.

Another good plan of treatment is, instead of the draught, No. 27B, to give a dose of the following mixture every second hour, night and day, when awake.

Take of bi-carbonate of potash	4 drachms;
Camphor mixture	12 ounces.

Mix them, and take three table-spoonfuls for a dose.

After about four or five days, when the patient is decidedly better, then lay this medicine aside, and give instead the bark and carbonate of potash as already advised or bark and ammonia.

In all cases of this disease a danger exists that the heart may become affected, to prevent which the alkaline medicine, No. 27B, or potash should be given in free and repeated doses so as to render the urine alkaline, when the heart may be considered safe. This affection of the heart is the greatest peril to which rheumatic fever exposes the patient, and nothing serves so certainly to ward it off as the alkaline treatment. The state of the urine, whether acid or alkaline, may always be easily ascertained by inserting into it a little test or litmus paper, sold by all druggists. Of course in acute rheumatism, a skilful medical man should be immediately called in; but such cannot be found in every place and therefore the most precise directions are here given for the public benefit.

The affected joints should be carefully wrapped in cotton wool; or five drachms of the carbonate of potash may be dissolved in half a pint of hot water and five fluid drachms of Battley's sedative liquor of opium added to it; thin flannel, soaked in this warm lotion, may be applied to the inflamed joint; and the whole be wrapped in a covering of thin gutta percha or oiled silk.

Shortness of breath, or a complaint of pain in the chest, when suffering from rheumatic fever, especially when accompanied with irregularity in the pulse, indicates that the heart is affected; and then eight leeches should be applied at once, followed by a blister over the region of the heart and the pill of calomel, opium and James's powder, prescribed on the other side, taken thrice a day, until the pain in the chest is removed; the alkaline draught, No. 27B, being also taken as previously advised.

In the first instance, while perspiring freely, the patient should be encircled with flannel. The sheets should be removed from the bed, while the patient lies in good warm blankets. The night dress must be either of calico, flannel or merino. No exposure to cold whatever should be made of the body. We cannot exaggerate the importance of repose and a warm temperature to the skin in this disease. They will powerfully contribute to preserve the heart from

Rheumatic Fever

being attacked; and the patient should return cautiously to the use of linen.

When rheumatism attacks people of a weakly constitution, and the tongue is tolerably clean, the urine not muddy, the skin not perspiring profusely with a sour smell, but only warm and moist, a tonic method of treatment should be at once commenced. Here the vital powers are low, and the most effectual remedies are bark and ammonia, as No. 84B, or bark and potash, that is, half a drachm of bi-carbonate of potash in a wine-glassful of decoction of bark, thrice a day. When bark is given, give a Seidlitz powder every morning as a mild aperient.

Dr. Fuller says, in his *Treatise on Rheumatism*, p. 107, "The alkaline treatment has now been pursued in a large number of cases, and in almost every instance has produced the most astonishingly favourable results." Dr. Golding Bird himself suffered from acute rheumatism, and was deeply impressed with the superiority of the alkaline treatment. He was partial to the acetate of potash. Dr. Vaston says, (*Lect.* vol. ii. p. 748), "Alkalies, or the alkaline salts, are always, in my opinion, fit remedies to be employed in acute rheumatism." Many physicians recommend an addition of colchicum, but it is not suitable for domestic practice, nor for that of the young practitioner; besides, it is a very dangerous medicine, and I protest against its use. It certainly relieves pain, but so does opium and opium is a more manageable and less dangerous article; so do the neutral salts, and effervescing draughts and they never produce unpleasant consequences.

Blood-letting is now seldom employed by physicians in rheumatism, and certainly must not be employed for the purpose of efficiently relieving pain. It is the state of the fever only which is to direct us in the use of the lancet, the abstraction of the blood, if ever proper in acute rheumatism, being so only because of the violence of the fever. It must also be regulated, in a great measure, by the age, strength, and habits of the patient; and his residence, whether in town or country, ought likewise to be considered. If the patient be young and vigorous, and leading an active country life, a single bleeding will sometimes be followed by much relief, but

the repetition of the blood-letting is seldom necessary. Patients who enjoy the advantages of a healthful country residence, will bear bleeding in this disease, when those who inhabit populous cities, or marshy districts, will not bear it at all. Upon the whole, the employment of the lancet is seldom proper in any but the young and plethoric. It is not allowable after the fifth day, and at no time when the fever is abating, although the pains should become worse.¹

The sheet anchor of the practitioner here, in the relief of acute pain, is half a grain of calomel, combined with a grain or two of opium, and two grains of James's powder, or the eighth of a grain of emetic tartar and made into a pill with a little conserve of roses, which is to be given every night, at bed Time.² This pill may be called for night and morning, or even thrice in the twenty-four hours, by the severity of the pain. It relieves pain and inflammation and sometimes has uncommon influence in shortening the term of the disease. If the patient should be peculiarly susceptible to the action of opium, it will often be better to give a quarter of a grain of the acetate of morphia instead of the opium. But opium is generally of eminent service here by relieving the pain and promoting sleep.

The Peruvian bark has been praised by physicians of the highest authority, among whom are Sir Edward Hulse, Dr. Fothergill and Dr. Fordyce, as being capable alone of curing the severest cases. It is, no doubt, often an admirable medicine after the first week or two, the hardness of pulse and fever having been reduced by alkaline remedies, and an abatement of the symptoms begun to be perceived. In such cases, twenty grains of powdered bark may be taken, in water, every three hours, or the mixture, No. 84B, page 185. One

1. "We have long been convinced," says Dr. James Johnson, "from attentive observation, that the system of detracting large quantities of blood, in cases of acute rheumatism, is productive of more frequent metastasis from the extremities to internal organs than a more moderate treatment."—*Medico-Chirurgical Review*, June 1823, p. 215.
2. "In acute rheumatism, in which my experience has led me to discard bleeding, unless the patient be of a very strong, sanguine temperament, I know nothing that proves more serviceable than a combination of one grain of calomel, a quarter of a grain of emetic tartar, and from one to two grains of opium."—Dr. A. T. Thomson's *Elements of Materia Medica*, vol. ii. p. 495.

of the most striking cases of quick recovery, clearly obtained by medical treatment in an acute disease, which I ever witnessed, was the cure of a very violent attack of the present complaint by the Peruvian bark, but then the violence of the disease had abated. The patient was a young man, about thirty years of age, who, when I first saw him, had been confined to his room by inflammatory rheumatism for about ten weeks. He had improperly been largely bled and purged and had sweated profusely, yet the symptoms, at the end of ten weeks, seemed to be almost as severe as ever, although he had occasional remissions of two, three or four days' duration. The night I commenced my attendance he was in a great deal of pain, confined to his bed, sweating profusely and through every covering, with a pulse full, quick and throbbing, but not hard and his friends were much alarmed for his safety. His physician had seen him two or three hours before and wished to have him bled again; but the family having wisely objected to that, he ordered a large dose of a sweating powder, which, however, was not given. On visiting him, I ordered the bark, in doses of fifteen grains of the powder every four hours, which was immediately commenced and continued in the same quantities for near a fortnight. The next day he was sensibly much better, the pains were greatly relieved, the perspiration was removed and never again returned, and by degrees his appetite and sleep became good; in short, he grew evidently better and better every day, and in less than a fortnight too a journey of nearly one hundred miles without sustaining the least injury.

Some order the sulphate of quinine in preference to any other form of giving the bark, supposing it is likely to be still more beneficial; but I prefer the powder, as being snore febrifuge. The proper dose of quinine here is two or three grains, three times a day.

Some American physicians look upon the black snake root (*tincture of actea*) as their most valuable remedy in acute rheumatism, but I believe the preceding treatment is far better. They give the tincture in doses of fifty drops, thrice a day, in water.

In December, 1831, I met with a very severe case of subacute rheumatism in a man of about forty-five years of age, with the

following symptoms; considerable difficulty of breathing and great pain and oppression in the chest, so that sometimes in endeavouring to expectorate he seemed in danger of suffocation; great pain and stiffness in many other parts of the body, but especially in the left elbow, wrist and hand, which are much inflamed and so swollen as not to permit the least motion; tongue furred; pulse hard, full and not less than one hundred and twenty in a minute; very restless nights; no appetite; urine very high-coloured, and depositing considerable sediment. He had been confined to his bed for a fortnight. The following pills were prescribed with the most sensible and striking advantage; in a few hours he lost the oppression and pain in the chest, and his pains generally were greatly mitigated; the perspiration diminished, and in a week he was able to rise from his bed. In a former attack, having had only parish attendance, he was confined to the house five months. I introduce the prescription here as it is an invaluable one, both for acute and chronic rheumatism. The case being very urgent, this man took one pill every six hours, night and day, for two days and a night; the next three days he took one pill thrice a day, and afterwards for five days, one night and morning. He had no other medicine. In chronic rheumatism, one pill regularly night and morning for a week, and afterwards every night for a fortnight, will usually be quite sufficient.

Take of Calomel	10
grains; Tartar emetic	½ grains;
Powder of gum guaiacum	20 grains;
Compound powder of ipecacuanha	20 grains.
Mix, and by means of conserve of hips, make them into a mass and divide them into ten pills.	

Lemon or lime juice has recently been strongly recommended as an efficacious remedy in *acute* rheumatism, in doses of two or three ounces, three times a day, in tepid water. Some have ordered not less than four or five ounces taken in a draught, without any admixture, three times a day. The only unequivocal effect that uniformly takes place from its use, is a diminution in the number

and power of the pulse, and of the heart's action. It may sometimes be used with advantage in chronic rheumatism; but it is of less use in cachectic subjects—patients in the lower orders, with poor blood, weak and rapid pulse, and whose history is one of long mental and physical suffering. In these cases, the exhibition of muriate of morphia, in full doses, is a far better remedy, but the best remedy is cod-liver oil. The action of lemon juice in acute rheumatism is sometimes so remarkable that it will quickly produce cessation of pain, and decrease of swelling and redness, in a way far superior to what can be obtained from colchicum, even when administered in the best manner.

I do not think the lemon juice is by any means so efficacious as the alkaline medicines referred to at pages 798-99.

For any stiffness or chronic pains left in the joints after the disease has been removed, bathing the parts twice a day, with lukewarm salt and water and then rubbing them once a day with a stimulating liniment, as advised under Gout, will generally be the most effectual means of removing those symptoms. When convalescent, the patient should likewise resort to moderate exercise, both within doors and in the open air; and if his strength will permit, a walk of several miles every other day, will be found of eminent service in restoring use to the limbs, and perfecting the recovery.

The temperature of the patient's room should be as uniform as possible and of moderate warmth.

Should bark not have been used in the active stages of the disease, it will be found in its decline a useful tonic in expediting and perfecting a return to the patient's former health and strength. See the prescriptions, No. 35, No. 125.

Chronic Rheumatism

Chronic rheumatism differs from the *acute*, or *rheumatic fever*, in being attended with little or no fever or inflammation, the chief symptoms being pain and swelling in the large joints, and in the course of certain muscles. The former is clearly a disease of debility; the latter is an inflammatory complaint.

The chronic species becomes fixed most frequently in the loins, hip, knee and ankles, but every large joint is liable to its attacks. The general heat of the body seldom exceeds its natural temperature and the pulse is rarely quicker than eighty strokes in a minute; the joints are swollen, but not to so great a degree as in the acute species, being of a pale hue, cold and stiff, roused with difficulty to perspiration and always comforted by the application of warmth.

The same causes give rise to this and to the acute species; and violent strains and spasms will cause chronic rheumatism where the constitution is peculiarly disposed to the malady.

TREATMENT.—It is a disease of debility and the mode of treatment must be founded on this fact. Bleeding and purging, therefore, ought not to be thought of here; the most efficacious remedies being those which are of a warm balsamic nature, and which nourish the blood, and promote the insensible perspiration; such as cod-liver oil, guaiacum, sulphur, Dover's powder, turpentine, camphor, cajeput oil, mustard and the compound ipecacuanha powder. Local stimulants are likewise often of great service, more especially the stimulus of Galvanism or Electricity.

The compound ipecacuanha powder, (especially if sulphur be taken in the day), is eminently serviceable in relieving the pains, disposing to sleep, and keeping up a gentle and salutary discharge from the skin, which of all others is the evacuation affording most benefit in cases of this description. Three grains of this powder may be made into a pill with a little extract of gentian and given three or four times a day; about a quarter of a grain of aloes being added to each pill, to prevent costiveness. At the same time the affected parts may be rubbed, thrice a day, for a quarter of an hour, with one of the liniments, No. 41, 45, or 46, pages 161, 163; the painful joints being always wrapped in flannel. If the pains are very severe and the patient's general health appears deranged, a grain of calomel, two grains of James's powder, and a grain of opium, may be made into a pill with a little conserve and taken every night at bed-time. This pill will sometimes be found of great value. In addition to these means, a tepid bath at ninety-five degrees should be used every other morning, for about half an hour or forty

minutes; or a trial be given to the air-pump vapour bath, if within the patient's reach.

Next in efficacy to the above ipecacuanha powder is, I think, either the hydrochlorate of ammonia or the guaiacum mixture, noticed at page 176, or the volatile or ammoniated tincture of guaiacum, which may be tried in (doses of thirty, forty or fifty ops, every four hours, taken in milk and water.—The liniment being applied locally, and the calomel pill taken at night, with the warm bath occasionally, as just advised. The guaiacum mixture sometimes acts better than the tincture. But in my experience no remedy has been half so efficacious as cod-liver oil, in the close of a table-spoonful, twice or thrice a day. It so improves the nutritive functions, as in a remarkable manner to impart new life to the blood and all the joints; and effectually cure the patient.

Dr. Fuller says, *Treatise on Rheumatism and Gout*, p. 373, Hydrochlorate of ammonia sometimes produces marvellous results, in the dose of a scruple, in three table-spoonfuls of decoction of bark, thrice a day.

A very good plan of treatment is to give a scruple of sublimed sulphur in milk and water, thrice a day, unless the bowels become much affected by it, when it should be taken less frequently, with a Dover's powder pill to relieve pain as often as may be required, and the pill of calomel, James's powder and opium, just noticed, every night. In some cases of this disease, the pain is so extremely severe as to require the free use of opium, and then we should not be afraid of its liberal employment and instead of one grain of powdered opium being used in the night pill just recommended, we may give two grains.

I have been told that lime juice has been taken, in water, sweetened with sugar, with complete success, in very bad cases.

If these fail, the oil of turpentine may be taken internally, said is sometimes very useful.¹ Half an ounce of this oil may be mixed

1. "In chronic rheumatic pains of the hips (*sciatica*), and muscles of the loins (*lumbago*), the *spirit of turpentine* is among our most efficacious remedies. Home states, (in his *Clinical Observations and Experiments*) that he cured five out of seven cases of *sciatica* with this article. Within the present year, I
(Contd. on next page)

with an equal quantity of sweet spirit of nitre, of which mixture a tea-spoonful, three times a day, in the infusion of cloves, is the proper dose.

Should the complaint prove particularly obstinate, which is not uncommon, I would recommend a trial of the following pills, instead of those made with the compound ipecacuanha powder alone; but this is not equal to cod-liver oil.

Take of Compound ipecacuanha powder	36 grains;
Extract of hemlock, prepared in vacuo	1 drachm;
Best gum guaiacum, in powder	24 grains;
Socotorine aloes, in powder	4 grains.

Mix, and divide into twenty-four pills. Two or three to be taken three times a day.

Of course the liniments before recommended, with the pill, No. 89A, at night, and the warm bath, must not be neglected while taking these pills.

The arsenical solution is a medicine which has been highly praised by Dr. Bardsley, of Manchester, and others; but, from its activity, it ought not to be used till the foregoing remedies have failed of success. It is, in general, of no use in recent cases and in young persons; but in the long-standing attacks of old subjects, it will sometimes perfectly succeed after every previous expedient has failed. See what is said of this medicine at page 12.

Colchicum has been much extolled of late years by some respectable practitioners. It is not, however, well adapted to the *chronic* species; and what has been said of it under the article on GOUT, is likewise true of its use in the present disease. If it be used

(Contd.)

succeeded completely in removing a violent and protracted case of this affection by the turpentine, given in doses of twenty drops, with a scruple of *lac sulphuric* three times daily." *Eberles' Practice of Medicine*; vol. i. p. 385. The able author of these remarks seems to have forgotten for the moment, that the *milk of sulphur* is in itself an invaluable remedy for chronic rheumatism, and we may well be at a loss to determine which had most to do with this cure,—the milk of sulphur or the turpentine? I think the sulphur is the most powerful remedy.

very moderately, and in conjunction with the other approved remedies here noticed, it may be of service; but if trusted to alone, and incautiously employed in large quantities, it will not fail to be extremely injurious. In such large quantities it may mitigate the patient's sufferings, but it will also weaken his stomach, debilitate his whole frame and shorten his life. I cannot recommend it.

Iodide of potassium is almost a specific in certain suspicious pains of the bones and joints and therefore, if other means fail, it should be tried in doses of three or four grains, thrice a day. In violent pains of the elbow and other joints, aggravated at night, I have known it attended with the most complete and gratifying success. Dr. Barlow thinks highly of it.—*Practice of Medicine*, p. 148.

The local stimulants of most service here, are the strong liniments mentioned at pages 165-68, the burning of moxa and Electricity or Galvanism. Whatever liniment is applied to the affected parts, it should be rubbed in frequently, and with active friction, by the patient himself. The friction can hardly be too long continued at one time, or too frequently resorted to, for it alone wrought wonders in desperate cases. Dr. Balfour, of Edinburgh, has published a useful book on the good effects of friction and compression in rheumatism, in which he relates numerous examples of its efficacy in the worst cases. Admiral Henry, of Rolvenden, in Kent, was almost a cripple from a very protracted attack of chronic rheumatism, and he cured himself by the steady use of friction alone. Besides the hand, he employed small pieces of wood, rounded at the top, with which he used to rub and compress the stiff and painful parts. In severe and obstinate instances, I would strongly urge a trial of moxa, which has sometimes been very successful in removing stiffness and pain in inveterate forms of this malady. For the manner of using it, *see* the directions at page 98.

Electricity, in the form of aura or sparks, or in slight shocks, is worthy of much confidence; and the same may be said of Galvanism.

The operation of Galvanism is more soothing and agreeable to most persons than that of Electricity, and, perhaps, is commonly

more efficacious here. It has, undoubtedly, effected great and salutary changes in this painful complaint and ought not to be neglected if the more common plans of treatment fail.

The vapour bath is also of eminent service in many cases. It may be used at about one hundred and ten degrees, once or twice a week. By promoting a free perspiration, it greatly relieves the internal parts.—*See Appendix.*

The air pump vapour bath has been found of remarkable service in many extreme cases of chronic rheumatism, even when accompanied with stiffness and contraction of the joints and muscles, and after the vapour bath, applied in the usual manner, had failed to produce any beneficial effects. The air pump bath is a local application to the parts immediately affected and combines the powers of the most effectual fomentations with those of dry cupping; so that by removing the weight of the atmosphere from the injured parts and promoting a free perspiration at the same time, it resolves obstruction, imparts a freedom to the local circulation and effectually assists nature in her efforts to change the diseased condition of action present, for one that is healthy. If the case requires it, it may be used alternately with Galvanism, and these remedies united, are, in some obstinate cases, much more efficacious than either of them employed alone. See what is said of the air-pump vapour bath at page 234, and in M. La Beaume's Essay on this bath.

The Bath and Buxton warm waters are well known to be of exceeding efficacy in the present complaint. A course of warm bathing at Buxton is one of the best means which can be resorted to, for a cure of the stiffness and chronic pains left after an attack of acute rheumatism. The Duke of Devonshire lately requested Dr. Playfair to make an analysis of the thermal springs of Buxton, which has resulted in a discovery of great consequence to the reputation of these celebrated waters. It was found that every imperial gallon of the waters contained 206 *cubic inches of nitrogen*; and upon this gaseous element Dr. Playfair considers the medicinal properties of the Buxton waters entirely to depend. Hitherto only 5.57 cubic inches per gallon were supposed to be the

proportion in which this important element was contained in these waters. The great and singularly lasting effects of these baths, and of the internal use of this water, are unquestioned and indisputable. Their use is almost specific for the relief or alleviation of most cases of chronic rheumatism and of many cases of gout, for which the use of other means and appliances has been sought and tried in vain. Large numbers of poor handicraftsmen, who have proved the effect of this water on their suffering and imperfectly usable limbs, are known to undergo great privations, in order to secure its use at stated intervals, from finding that no other means within their reach enables them to maintain such a state of their joints as is needful to enable them to follow their employment. The yearly reports of the Buxton Bath Charity certify, that of 15,497 patients, for the most part sufferers from rheumatism, admitted to the benefit of the institution, from the year 1838 to 1851, only 613 had to be sent home as being "no better," the large proportion of 11,740 having been discharged as "cured or much relieved." These are grand results, and may *vie* with any of the vaunts of the thermalists of Germany. They should send our invalids to this beautiful locality, in preference to the continental watering-places.

The tartar emetic ointment rubbed near the seat of any fixed and severe rheumatic pain, will bring out a large crop of pustules, and sometimes afford essential relief.

Acupuncture has lately been recommended in this disease, and may be tried in severe examples, where the preceding remedies fail. It consists in making a small puncture in or near the part of the body affected, with a long needle. The puncture produces little or no pain, and should be followed by no bleeding. A single puncture is sometimes found sufficient to remove the pain; and if it shoots to another part, that is punctured in the same way as the original seat of the irritation. Now and then, acupuncture appears to have been followed by very striking advantages; but the improvement of the general health must be attended to at the same time.

The best remedies for chronic rheumatism originating in a syphilitic affection, or accompanying secondary symptoms, are a

quarter of a pint of compound decoction of sarsaparilla, twice or thrice a day, with half a tea-spoonful of solution of bichloride of mercury, gradually increased to a tea-spoonful.

Chronic rheumatism originating in a disreputable source, and accompanied with swelling in the bones of the leg, arm or head, is often peculiarly obstinate; and nothing is usually, I believe, so efficacious in this peculiar case as the bi-chloride of mercury, taken in the manner just advised. Dr. Fuller, of St. George's Hospital, recommends in such cases the following draught, which, he says, has succeeded after almost every thing else has failed; but I question whether it is more efficacious than the combination of bi-chloride of mercury and decoction of sarsaparilla alone.

Take of iodide of potassium	6 grains;
Solution of bi-chloride of mercury	½ or 1 drachm;
Decoction of bark	10 drachms.

Mix them for a draught, to be taken thrice a day, after a meal.

The gums should be watched while taking this medicine and if any swelling and soreness are felt there, salivation may ensue, and of course the mercury should at once be omitted, and the bark and iodide of potassium taken alone.

The clothing should be warm, and the diet generous and stimulating, but moderate in quantity, so that the stomach may never be overloaded. As an article of clothing for the rheumatic, an under waistcoat of chamois leather is, generally, of very great service and sometimes proves of the most striking advantage. If the lower extremities of the body are much affected, drawers also, made of the same material, should be worn. This leather washes like linen, only it must not be washed in hot water. For the first day or two, it usually feels cold and uncomfortable, but soon becomes more comfortable than flannel. It is proper to have several sets, and to change them frequently. The price is about sixteen shillings a set.

Before concluding this article it is necessary to apprise the reader, that we frequently meet in practice with flying or fixed

Chronic Rheumatism

chronic pains, attended by stiffness, which imitate rheumatic pains, but are owing to a disordered state of the stomach and bowels and poor blood; indeed, some of these cases may be correctly called rheumatic. In such instances, the symptoms of indigestion will generally present themselves more or less clearly marked and the most effectual remedies will be those pointed out under that complaint, especially the alterative pill, No. 98 or 99, every other night, with a little, bitter infusion and carbonate of soda, as No. 83, page 184—or cod-liver oil through the day, the bowels being preserved regular by the aperient pill, No. 100 or 101, pages 193-94. Another valuable plan in these particular instances is, to take half a pint of the compound decoction of sarsaparilla, twice a day, with two grains of blue pill and five of extract of hemlock, made into two pills, every night. If the pains are severe, the patient may increase the quantity of hemlock here ordered, and take ten grains of it once or twice a day, with two grains of the blue pill in the whole, daily. Whatever medicine be resorted to, the diet and regimen laid down under INDIGESTION must be attentively pursued; considerable exercise on foot or horse back being taken every day, if possible, with friction, early rising, etc. *Rheumatic Gout* is a combination of rheumatism and gout, in which some of both the larger and smaller joints are, more or less, affected with pain, swelling and stiffness. In its treatment, special regard must be given to those means which improve the quality of the blood and restore the health—the chief of which are bark, quinine, cod-liver oil, strychnine and sarsaparilla, with nourishing diet.

Dr. Fuller, physician to St. George's Hospital, strongly recommends small doses of *strychnine* for the nervous depression met with in rheumatic gout. It may be given in decoction of bark. He says:

"In the whole catalogue of the pharmacopœia I know of no remedy equal to *strychnia* as a tonic when the nervous system is unduly depressed and the patient is nervous and low spirited. Its value in cases of rheumatic gout, in which these symptoms are often very distressing, can scarcely be over-estimated, for it certainly produces effects which you may seek in vain from quinine and other vegetable

bitters. It seems to rouse and invigorate the patient by stimulating the nervous system and thus indirectly promoting increased activity of the various functions of the body."—*Lancet*, 26th Sept., 1863.

RICKETS

This disease consists in a want of due firmness in the bones, in consequence of a deficiency of the phosphate of lime in their structure.

It often comes on slowly, the first appearance being a flaccidity of the flesh, emaciation of the body and paleness of the complexion. The head, at the same time, appears large with respect to the body and the sutures are preternaturally open. The head continues to increase in size; the forehead becomes unusually prominent; the neck is short; the teething is very slow and much later than usual and the teeth that do appear soon spoil and are apt to fall out. The ribs lose their convexity; the breast bone protrudes; the spine is incurvated; the extremities of the bones of the limbs enlarge, while the other part of the bones appear more slender than natural; in their whole length they become soft and flexible, unable to support the weight of the body and at last much distorted.

The child's strength is also diminished, he is averse to making exertion and is unable to walk; the appetite is sometimes good, but often capricious and deficient; the motions are offensive and of a bad colour; and the belly often much swelled and hard. In the beginning there is no fever, but in the advanced stage a frequent pulse, with thirst, heat and other symptoms of a hectic nature attend.

A deficient formation of bony earth constitutes the *immediate cause* of rickets; but the *remote* and *predisposing causes* are often involved in much obscurity. In general, however, they are the same as those which give rise to scrophula, though there must exist in the child's constitution a disposition to this particular form of disease rather than to any other.

Parents of a weakly habit of body, whether natural or acquired by an irregular and injurious mode of living, are most liable to have their offspring afflicted with this disease. A damp and cold

residence, impure air, inattention to cleanliness, deficient exercise, innutritious food and severe disorder of the digestive organs, will favour, in a powerful manner, the action of the exciting causes.

The disease seldom appears before the ninth month and rarely slows itself after the second or third year. It seems to be almost solely confined to cold and variable climates.

TREATMENT—As this complaint is strictly one of general debility, the great object is to afford strength to the system by the use of strengthening medicines, combined with a nutritious diet, pure bracing air, daily exercise, friction and the tepid bath.

The tonic medicines of most service here, are cod-oil, carbonate and sulphate of iron, and sulphate or tincture of quinine. The preparations of iron and quinine may be taken as advised under INDIGESTION OR SCROPHULA. Alkalies have been highly praised for their efficacy in this malady; but they should ever be combined with tonics, as in No. 84B, page 185 or No. 87C, in *the Appendix*.

The sulphate of quinine may be given in doses of half a grain or a grain, mixed with extract of gentian, three times a day; the dose being proportioned to the patient's age.

But the state of the bowels will always require close attention at the same time. If costive, they should be regulated by a small quantity of rhubarb and sal polychrest, given every other night or by the use of a little manna or the following, liquid—

Take of decoction of bar,	1 ounce;
Infusion of rhubarb	1 ounce;
Camphor mixture	1 ounce.

This is to be taken, at once or twice, during the day.

Dr. Trousseau, physician to the Children's Hospital at Paris, speaks very highly of the different fish-oils, viz., cod, ray, shark, whale, etc. for the treatment of rickets; but cod-liver oil is the variety which Dr. Trousseau prescribes most frequently. Rapidly increasing doses, never exceeding one ounce and a half, taken for two or three months, have cured children of one and two years, who could not walk, and whose limbs were bending under them. Cod-liver oil

has been for a long period of time a common remedy on the coasts of the Baltic for rickety children. It is said that a Dutch gentleman went to settle at Tours, in France, in 1826, when one of his children began to suffer from rickets. M. Bretonneau, who was consulted, gave the child salt-water baths, without good results. The father then stated that he had cured other children of his with fish-oil in his native country; it was again tried in this case; the child recovered and hence the introduction of the remedy.

In addition to these medicines, the patient should have a nourishing diet, consisting of the most digestible animal food and vegetables, eggs, good malt liquor, and wine; but the quantity of food allowed ought to be moderate and no more than can be digested with ease. The air should be salubrious, dry and bracing; and the exercise be considerable and as active as the strength, of the patient will permit. Friction, likewise, is of no mean service in this complaint. It should be carried alternately over the limbs, and every other part of the body, being resorted to for a quarter of an hour, three times a day at least; and the hand may be defended with a little flour or olive oil. The patient should lie on a hard mattress and rise early in the morning.

There is commonly too great a degree of weakness to admit of the use of the cold bath, but the tepid bath at from ninety to ninety-five degrees, three or four times a week, may sometimes be a useful auxiliary to the foregoing measures.

Perseverance in the above plans will often be rewarded with great success; but little is to be accomplished here without the exercise of considerable patience and attention.

It is the practice of some persons to endeavour to give support to the limbs and promote the restoration of their proper figure by the use of bandages and other mechanical instruments, but they are now very seldom employed by enlightened and judicious practitioners. They generally agree that it is far best to leave to nature alone, assisted by good medical treatment, the duty of rectifying bones deformed by the rickets. It has been wisely said by an eminent physician, (Dr. Good) that the best mechanical instruments are a hard incompressible couch, and a level floor, on

which the infant may lie at full length and stretch his limbs as he pleases. The couch should be made light and moveable, so that he may be carried upon it into the open air for exercise.¹

When a rickety state of the constitution in young girls gives rise to a crooked spine, and growing out of the shoulder, it must be treated in the manner described under *Spinal Curvature*.

RINGWORM OF THE SCALP

Ringworm of the scalp and scald-head, are generally considered by unprofessional persons to be synonymous terms, and they are so nearly alike as to make it unnecessary to draw a distinction between them in a popular treatise on medicine. There are several varieties of ringworm or porrigo as medical men call it; but as the treatment is very similar in all, we shall not now attempt to describe them separately.

The ringworm of the scalp is well-known to make its appearance in separate patches, of an irregular circular shape, upon the scalp, forehead and neck. It commences with clusters of small light yellow pustules, which soon break and form thin scabs, which, if neglected, become thick and hard. If the scabs are removed, however, the surface underneath is left red and shining, but studded with slightly elevated points or pustules. When the disorder is neglected, the patches run together and the whole head becomes affected. Where the disease is situated the hair becomes lighter in its colour, it falls off, and its roots are destroyed. It generally occurs in children and frequently proves exceedingly obstinate.

Sometimes it seems to originate spontaneously in children of a feeble and flabby habit and who are ill-fed, uncleanly and not sufficiently exercised. But it is chiefly propagated by contagion, that is, by the actual conveyance of the matter from the diseased to

1. "In rickety affections of the knees, horse exercise is of great advantage; if the patient is very young, he may be allowed to ride the rocking horse as long as he likes. The position on horseback throws the knees outwards, while the exercise is beneficial to the general health of the patient."—*Sir Astley Cooper, Lancet*, vol. ii, p. 464, 1823-24.

the healthy, as may happen in the frequent contact of the heads of children, the use of the same towels, combs, caps and hats.

TREATMENT.—There are few applications equal to the citrine ointment, No. 89, page 188, which will often cure very bad cases of this disease. In the beginning, it must be mixed with an equal quantity of simple cerate, with which every affected part ought to be anointed night and morning; the strength of the ointment being gradually increased till it is used undiluted. Take the mixture, No. 87C, in the *Appendix*.

The hair is first to be cut off as close as may be, or the head shaved; the scalp is then to be slowly and carefully washed with soap and water night and morning and well dried afterwards. The ointment is to be applied after the washing every night and is to be well rubbed all over the head. It may be washed off in the morning and when the scalp is made dry, instead of applying it through the day, the head may be thoroughly powdered with the finest starch contained in a fine linen or cambric bag. The scabs and incrustations will hereby become dried or often brittle and in this state they should be gently picked or combed off one after another, as they grow loose and become detached at the edges.

The following composition has been much praised, and should the citrine ointment fail, it is worthy of a trial.

Take of calomel	2 drachms;
Dried alum	1 ounce;
Acetate of lead	1 ounce;
Venice turpentine	6 drachms;
Spermaceti cerate	1½ ounces.
Mix.	

One drachm of sulphuret of potash, dissolved in a pint of lime water, is an excellent lotion, and so is from six to ten grains of nitrate of silver, dissolved in an ounce of distilled water. These lotions may be tried with the prospect of success even after the foregoing ointments have failed. It is only necessary to wash the diseased parts with them twice a day.

Ringworm of the Scalp

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Warm white wine vinegar has been sometimes effectually used as a lotion night and morning.

Whatever remedy is resorted to, the scalp must be shaved every eight or ten days, and where that is not practicable, the hair should be cut very close, and kept so; nothing but a light linen or oil skin cap being worn, which ought to be often changed.

In general, no local applications agree well if long continued, and it is often necessary to have recourse alternately to several of those just noticed.

The mode of treatment that I would recommend from experience in this disease, as decidedly the most effectual, is, after shaving the head, to wash every affected part with a saturated solution of sulphate of copper, every night for five or six nights, or longer, washing well with soap and water in the morning. At the end of the six days the ringworm should be anointed every morning with a little of the best castor oil, and this must be continued till the cure is established. This is a most efficacious method of treatment and in conjunction with constitutional management, will, I hope, be found almost infallible. Only the parts affected should be touched with the solution of copper, as it is rather caustic. At the same time, pay great attention to improve the general health. For this purpose give the tonic, No. 87C, in *the Appendix*, or tincture of muriate of iron, No. 87 C.Y. in *the Appendix*. The mixture, No. 84B, is also excellent;¹ and let the patient have plenty of air and exercise.

Should the complaint be of long standing, and have become chronic, the irritation must be lessened gradually, by using the local applications in a weaker state and by a steady use of the alterative pill, No. 96 or 98A, thrice a week.

1. A useful book has lately been published by Mr. Macilwain on *Porrigo or Scald Head*, in which he states his conviction, that the constitutional treatment of this affection has been too generally neglected and that it can seldom be cured without much attention to this point, as advised above. Dr. Ross, of 11, Hart Street, Bloomsbury Square, is worthy of much confidence by sufferers from this complaint.

If, after having employed different remedies for a considerable time for the cure of ringworm, the disease seems nearly well, the head being, however, not quite clear and the disorder now stationary, under the use of all the means tried, I would advise every application to be laid aside (the head being kept very clean); as, frequently, under such circumstances, the skin seems only to require a respite and nature herself completes the cure.

RUPTURE

By the term rupture is understood a tumour, formed by the protrusion of some portion of intestine out of the cavity of the belly, into a kind of sac, composed of that part of the membrane called peritoneum, which is pushed before the bowel.

The parts of the body where ruptures most frequently make their appearance, are the groin, the navel and the upper and fore part of the thigh; they do also occur at every point of the anterior part of the abdomen; and less commonly at a few other particular points, which it is not necessary particularly to describe in this work. The small intestine is more frequently protruded than the large, especially the last portion of the small intestines. A part only of the diameter of the tube is sometimes included in a rupture; any larger quantity may descend, from a single fold to the whole moveable portion of the canal.

When the protruded bowels lie quietly in the sac and admit of being readily put back into the abdomen, the case is termed a *reducible rupture*; and when they suffer no constriction, yet cannot be put back, owing to adhesions or their large size in relation to the aperture through which they have to pass, the rupture is termed *irreducible*. A *strangulated rupture* signifies one, which not only cannot be reduced, but suffers constriction; so that if a piece of intestine be protruded, the pressure to which it is subjected stops the passage of its contents towards the anus, excites inflammation of the bowels, and brings on a train of alarming and often fatal consequences.

The *general symptoms* of a rupture which is reducible and free

from strangulation, are an indolent tumour at some point of the belly, most frequently descending out of the abdominal ring, or from just below what is called Poupart's ligament, that is, in or near the groin, or else out of the navel; but occasionally from various other situations. The swelling often originates suddenly, and is subject to a change of size, being smaller when the patient lies down on his back, and larger when he stands up or holds his breath. It frequently diminishes when pressed and grows large again when the pressure is removed. Its size and tension often increase after a meal or when the patient is flatulent.

In consequence of the unnatural situation of the bowels, many patients with rupture are occasionally troubled with colic, costiveness, and vomiting. Sometimes, however, the functions of the viscera seem to suffer little or no interruption.

The *chief symptoms* of a *strangulated rupture* are, tumour in the groin or scrotum, attended with pain, not only in the part, but all over the belly and creating sickness and inclination to vomit, suppression of stools and fever;—symptoms which grow quickly more and more severe, until the strangulation is overcome or death ensues.

The *causes predisposing* to rupture are, a preternaturally large size of the openings at which the bowels are liable to protrude; a weakness and relaxation of the margins of these apertures; a preternatural laxity of the membrane covering and supporting the bowels, and which is called peritoneum, etc.

The *chief exciting cause* is the powerful action of the abdominal muscles and diaphragm on the bowels and other viscera, which takes place under great bodily exertion, such as jumping, running, lifting and carrying heavy weights, vomiting, straining at stool, playing on wind instruments, etc. In such exertions, the pressure which the contents of the abdomen must often encounter, sufficiently accounts for their protruding at any part, where the abdominal sides do not make adequate resistance.

Ruptures are more frequent on the right than on the left side of the body.

TREATMENT—I shall separately notice the leading parts of the treatment proper for *reducible*, *irreducible* and *strangulated rupture*.

A person who has a *reducible rupture* should constantly wear a truss. Without this he is never safe; for, from the rupture being unsupported by this instrument, the quantity of intestine in the rupture is always liable to be increased and when down, to be bound by a stricture. In this unsupported condition, it is also liable to be seriously injured by any accidental blow or fall or an inflammation may occur in the parts from other causes, which may put the life of the patient in imminent danger. Therefore, no person should ever be careless respecting keeping a reducible rupture well supported by the use of a proper truss. It is a mistaken notion to suppose that because a rupture is small, it is of little or no consequence, since the smaller these tumours are, the greater in general is the danger and, therefore, the more necessary it is that a truss should be worn. Some surgeons recommend the truss to be worn only during the day but I think it should be worn constantly night and day and this was also the opinion of Sir Astley Cooper. By wearing the truss constantly night and day, the ruptured patient, if young, is frequently cured in two, three, four or more years, in consequence of the pressure gradually closing the opening in the belly through which the bowel descends; but by removing the instrument at night, the sides of the abdominal opening are relaxed and liable to enlarge again, which protracts the period of cure, where a cure is practicable and in all cases renders it less certain. Even adults are sometimes perfectly cured of this complaint by unremittingly wearing a truss. However, before applying a truss, the parts must be completely reduced by the patient's lying down on his back and gently pushing them up with the fingers. If at any time the rupture should descend, and a difficulty be found in reducing it again, the patient should lie down on his back for some time, and apply cold water to the parts, which will enable him to effect his purpose, unless strangulation or adhesion has taken place. The application of cold water will be particularly useful if any inflammation or great irritation is present.

Infants and very young children, are not unfrequently troubled with the present complaint, and they should wear a truss as well as

Rupture

older persons. Infants of two or three months old may and ought to wear a truss with springs. In their case the pressure should be extremely light and when the infant is afflicted with the rupture soon after birth, it may, at first, wear a truss made in the form of the common springtruss, without any spring. There is, however, one exception to these rules, that is, when a male child is afflicted with a rupture, the testicle is situated above the abdominal ring (or in the groin); in this case a truss must not be worn until the testicle has descended into the scrotum or bag, its proper receptacle.

When children have a protrusion of some part of the intestines at the navel, instead of the groin, it is called by surgeons an umbilical rupture. The proper treatment in this kind of case is, to apply one half of an ivory ball or a small pad, on the naval, fastening it down with straps of adhesive plaster, over which a belt must be put which encircles the whole trunk for some space both above and below the navel. This belt must have straps attached to it, which are to come round the lower part of the belly and thighs. A little waistcoat fastened by two strings may also be worn over the whole.

Trusses are of various kinds, but in general the common kind of truss is a very good one, and quite equal to the patient's want. The goodness of a truss is known by its making effectual and equal pressure on the parts, without causing pain or inconvenience to the patient and by not slipping out of its right situation, in the varying motions and positions of the body. That truss is objectionable which cannot be worn night and day. Very good trusses are made by Huxley, 12, Old Cavendish Street; White, 112, Piccadilly; Salmon and Ody, in the Strand; Pinden and Gawan, in Fleet Street and other persons. Cases of rupture occasionally occur, which, after being reduced, cannot be kept up with any of the trusses commonly employed; under such circumstances, the patient must seek for a truss of a different description; and it appears that a person in London, of the name of Goldfinch, makes a truss of a peculiar construction, which often succeeds in keeping up ruptures that cannot be properly supported by other trusses. Mr. Coles, of Charing Cross, is also said to have a truss that is effectually worn in such particular instances.

Irreducible ruptures, as I have before said, are those in which the tumour cannot be made to disappear by putting the protruded parts back again into the abdomen. In these cases a truss should rarely, if ever, be worn, as it would press upon the parts and occasion pain, inflammation and perhaps strangulation. The only thing that can be done, in the generality of these instances, is for the patient to wear a simple suspensory bandage, so as to afford a gentle support to the parts, and to prevent the increase of the tumour. If a reducible rupture has lately become irreducible, the patient may sometimes gain considerable advantage from lying in a recumbent position for a few days and applying ice or very cold water to the parts frequently. These means, combined with rather a spare diet, will occasionally effect so great a reduction in the size of the tumour, in ruptures recently become irreducible, that it may be returned into the abdomen and allow a truss to be worn as before. Persons afflicted with irreducible rupture should be particularly careful not to exert themselves beyond their strength and to beware of pressure on the parts, bruises, etc. The bowels also should be preserved free from confinement.

The symptoms of *strangulated* rupture have been pointed out above. In this case the assistance of an able surgeon should be obtained as soon as possible. A little delay is here often fatal.¹ The principal means of reducing a strangulated rupture are, the application of ice, or a freezing mixture, bleeding from the arm, the *taxis*, and an injection of an infusion of tobacco. These may be tried nearly in the order in which they here stand. The *taxis* means a particular kind of gentle pressure on the tumour with the fingers,

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1. Sir Astley Cooper says, (*Lancet*, vol. i. 1823-4, p. 464), he would not wait more than twelve hours without performing the operation, if the tobacco enema and the other means above advised, had been employed. He adds a case :—“Now let me allude to the case of a late illustrious nobleman, (Francis, Duke of Bedford), who died of this disease; he was in the county and during his stay there had strangulated rupture. He was attended by a person of strong mind, and who had studied his profession with industry; he offered to perform the operation, but it was delayed, on the ground that London skill and advice should be obtained; but before this could be had the nobleman died. I do not mean to undervalue London skill, but it is certainly great folly to delay in this complaint.

by which the surgeon endeavours to return the parts into the abdomen. The previous application of ice to the tumour and of bleeding from the arm, often greatly facilitates the operator's object in making this attempt with the hand. If the above means fail, recourse should be immediately had to the operation. It is seldom safe to spend more than twelve hours in the employment of these means.

SAINT VITUS'S DANCE

This disease attacks boys and girls indiscriminately; and those chiefly who are of a weak constitution or whose natural good health and vigour has been impaired by confinement or by the use of scanty or improper nourishment. It appears most commonly from the eighth to the fourteenth year. Its approaches are often slow. A variable and frequently a ravenous appetite, loss of usual vivacity and playfulness, a swelling and hardness of the lower belly, and in general, a constipated state of the bowels, aggravated as the disease advances and slight, irregular, involuntary motions of different muscles, particularly those of the face, which are thought to be the effect of irritation, precede the more violent convulsive motions, which now attract the attention of the patient's friends.

These convulsive motions vary. The muscles of the limbs and of the face, those moving the lower jaw, the head and the trunk of the body, are, at different times and in different instances, affected by it. In this state the patient does not walk steadily; his gait resembles a jumping or starting, he sometimes cannot walk at all and seems palsied; he cannot perform the common and necessary motions with the affected arms. This convulsive motion is more or less violent; and is constant except during sleep, when, in most instances, it ceases altogether. Articulation is very frequently impeded and swallowing is also occasionally performed with difficulty. In very bad cases, the eye loses its lustre and intelligence, the complexion is pale and the countenance expressive of vacancy and languor.

General weakness and irritability of the nervous system during

childhood; sudden fright; and the suppression of eruptions on the skin, have proved causes of this disease; but there is no cause so frequent as debility and irritation in the stomach and bowels.

TREATMENT—There are no medicines so generally and decidedly useful in this malady, as the sulphate of zinc and purgatives, the purgatives being repeated every other morning, with the promise of great advantage every way and without danger of inducing debility. Either of the purgatives, No. 27 or 28, page 155 or No. 74, page 176, may be employed in the morning or the pill, No. 98, page 191, at night; and this plan should be persevered in for many weeks. The mixture, No. 74C, page 177, is also worthy of confidence. For a knowledge of the superior value of purgatives in this disease, we are principally indebted to Dr. Hamilton, Senior, of Edinburgh. The late Dr. Parr, of Exeter, says, that he pursued the purgative plan with great activity through sixty cases of the disease which occurred to him in the course of twenty years' practice and was successful in the whole of these cases except one. After it has been adopted for a week, give the following zinc pills :

Take of sulphate of zinc.....	20 grains;
Extract of gentian	half a drachm.
Mix, and divide into twenty pills.	

Begin with one pill thrice a day, and when the twenty pills have been taken, let the sulphate of zinc be doubled in the twenty pills, and give still one thrice a day. Thus by gradually increasing the dose of zinc, as much as six grams may be taken thrice a day with advantage.

If this plan does not greatly benefit, try No. 87C, in the *Appendix*, and let the bowels be regularly acted upon by small doses of *Beaume de Vie* taken every second morning.

Arsenic has been recommended by some respectable practitioners as having been perfectly successful in several cases, and when we remember how effectually and speedily it allays the irritation of the stomach and bowels, which gives rise to ague, and thus cures the complaint, we cannot be surprised at its good effects

in St. Vitus's dance, a disease which, in the majority of instances, certainly has its origin in irritation and debility of the stomach and the remaining portion of the alimentary canal. Still it is so violent a medicine that I cannot recommend its being tried. The arsenical solution, as ordered by the London College of Physicians, may be given in doses of from three to five drops to a youth of twelve or fourteen years of age, three times a day; the dose being cautiously increased, if necessary.

Black snake-root (*tincture of actea*) is often given with excellent effect. Dr. Simpson, of Edinburgh, has found it succeed after zinc, iron, arsenic and all the usual remedies had failed.

Should there be reason to suppose that the disease is caused by worms, the oil of turpentine will be a suitable and often a valuable remedy. It should be given in large doses, as from half an ounce to an ounce, even to a child of ten years old, which may be repeated twice or thrice in the course of a week. The most agreeable way of taking it, is to rub this quantity in a mortar with half an ounce of mucilage of gum arabic, a part of the yolk of an egg, and an ounce or two of water; or it may be taken simply suspended in a little water.

In some instances, electricity has been very useful. Dr. Addison found the tincture of colchicum effectual in a case following rheumatic fever. It should be limited to such cases. The dose is ten or twenty drops twice a day. But *gymnastic exercises* and sulphur baths are far more effectual. An ample account of their beneficial effects will be found in my volume, on *Infancy and Childhood*.

SCARLET FEVER

This disease is divided by medical writers into two varieties, that is, scarlet fever without sore throat, called also simply scarlet fever; and scarlet fever with sore throat. But it is not necessary to treat of each of these distinctly, for they differ only in the severity of their symptoms. Scarlet fever without sore throat is usually a mild disease, which terminates favourably within a short period; but when attended with an affection of the throat, it is generally more

or less sever and dangerous, the intensity of its symptoms and its danger being, for the most part, proportioned to the degree in which the throat is affected. Indeed, when the ulcerations in this part are deep, foul and corroding, it does not differ in its nature and treatment from putrid sore throat, to which disease I refer the reader, for the proper treatment to be pursued in such cases.

The disease is ushered in by the usual *incipient symptoms* of common inflammatory fever, such as chilliness, succeeded by heat, quick pulse, languor, thirst, etc., about the second day from which, in simple variety, numerous specks or minute patches of a vivid red colour appear about the face and neck; and within twenty-four hours, a like efflorescence is diffused over the surface of the body, and occasionally even tinges the inside of the lips, cheeks, palate and fauces. Sometimes the scarlet eruption is continuous and universal; but more generally on the trunk of the body, there are intervals of a natural hue between the patches, with papulous dots scattered over them. There is an increase of the fever in the evening, at which time the rash is most florid. On the fifth day, the eruption begins to decline; the interstices widen and the florid hue fades; on the sixth, it is very, indistinct and is wholly gone on the seventh. The pulse, while the rash is coming out, is commonly very quick and feeble; the tongue is covered with a whitish for in the middle, its sides being of a dark red; the face is considerably swelled; and there is great anxiety and restlessness, with a sense of tingling or itching in the skin, and sometimes at night a slight delirium. Though the fever is in most cases moderate, it now and then runs high, but in the simple variety of the disease is rarely alarming. In many cases, indeed, the eruption appears and passes through its course with little inconvenience of any kind from fever, itching and restlessness.

In scarlet fever attended with sore throat, all the symptoms are more violent; the fever is more severe, accompanied with nausea, vomiting of bile, great heat and languor; considerable anxiety, head-ache and delirium. The pulse is feeble, the breathing quick; the throat is inflamed and becomes excoriated, throws off a large quantity of minute superficial whitish sloughs, which intermix with the increased flow of mucus and augment the difficulty of

swallowing. The sloughs generally separate about the fifth, sixth or seventh day.

This is the ordinary course; but in many cases, the symptoms run still higher; and the disease, so far at least as regards the proper treatment, is identified with putrid sore throat.

Children are by far the most frequent subjects of both these varieties, and communicate it readily to each other. When unaccompanied by sore throat, it is only slightly contagious; when sore throat is present, it is highly so. They are both occasionally epidemic and in this form occur most usually at the close of the summer.

Scarlet fever may generally be easily *distinguished* from measles by the eruption usually coming out within the first forty-eight hours of the fever; whereas in measles the rash rarely appears until the third and most commonly not until the fourth day. The eruption in scarlet fever appears like a diffused superficial blush of the skin, with innumerable points intermixed with small minute pimples, dispersed over the outer skin. The rash of measles, on the contrary, consists of small circular dots like flea-bites, of a deeper red in the centre than at the circumference, so that in running into each other, the skin presents a less uniform blush than in scarlatina. These red and slightly elevated dots generally appear in clusters or patches, assuming an irregular *crescent shape*; hence Bateman observes, "The *crescent-like form* of the patches of measles and the more diffuse and irregular shape of those of scarlet fever, will be a material diagnostic guide"—he means a distinctive mark.

It may be distinguished from miliary fever by the miliary eruption being almost universally attended with considerable perspiration, which is not the case on the appearance of the efflorescence of scarlatina. The coming out of the miliary eruption is likewise attended with great anxiety at the pit of the stomach (*proecordia*).

A specific contagion is the *grand cause*; though particular states of the atmosphere and of the body, dispose to the reception of this contagion, as is proved by persons frequently escaping when

exposed to its operation under aggravated circumstances, and afterwards becoming affected by it from comparatively slight sources. But in what this particular state of the atmosphere and body consists, we are almost totally ignorant.

TREATMENT—All that will in general be requisite in the treatment of simple scarlet fever, that is, without any affection of the throat, is to keep the patient in a moderate and equable temperature, (about sixty degrees of Fahrenheit's thermometer); to preserve the apartments clean, open, and well ventilated; to enforce a light spare diet, without animal food; to direct cooling liquors, such as barley water toast and water, or tea for common drink; and to administer ammonia daily, and gentle aperients, as No. 120, page 205, occasionally, more particularly towards the decline of the eruption. The emetic. No. 29, ought likewise to be given at the commencement and four or five grains of sesqui-carbonate of ammonia, in water, taken three or four times a day, by a child of twelve years old.

Scarlet fever is at all times a disease of debility, which prostrates both the body and mind and always calls for the use of *ammonia*. Even in the mildest cases, ammonia should be given, thrice a day, because they are often the most troublesome in their consequences, which the use of ammonia mitigates or wholly prevents. Physicians generally trust alone to the ordinary saline medicines, but ammonia is the only medicine to be relied on.

In treating the second variety or scarlet fever with an affection of the throat, however severe the throat may be attacked, ammonia ought to be given at once and trusted to as the principal remedy.

Dr. Peart, a physician in considerable practice at Gainsborough, was one of the first discoverers of the value of sesquicarbonate of ammonia in scarlet fever and putrid sore throat. He dissolved two drachms of the sesqui-carbonate of ammonia in five ounces of water and directed the patient to take half a table-spoonful, or two tea-spoonfuls every two, three or four hours, according to the urgency of the symptoms. If the difficulty of swallowing abate and the patient wish for it, a little cold water may be added to each dose. Cold water or toast and water, may be drunk at pleasure. The

above remedy was given in every form, and in every stage of scarlatina. "Some," he says, "were glowing with universal efflorescence; in some, the extremities were swelled; in others, foetid ulcers appeared; in most, the throat was swelled and inflamed, often ulcerated; and respiration almost prevented; but, in the most alarming cases, a scorching fever and raging delirium, rendered the patient's situation horribly distressing : yet, in all these variations of the disease, the volatile alkali was my specific, which I administered to between two and three hundred patients successively and successfully." The immediate effects of the remedy are stated to be "a diminution of heat, fever and delirium and a disposition to sleep."

The eruption is well known to be a critical deposition on the surface, by which the animal economy endeavours to relieve itself from some internal morbid irritation. The appearance of the rash is essential to the perfect and safe resolution of the disease and a remedy like ammonia, which at the same time moderates the precursory and attendant fever, softens the dry and burning skin, and sustains the vital and nervous power, is of eminent service in insuring the regular appearance and character of the eruption. Indeed, it is found to be far more efficacious in this than the warm bath, hot friction, warm drink or anything else and for this reason, that it is at once carried into the circulation and in a striking manner improves the quality of the blood and expels the offending matter from the system. Hence scarlet fever and measles when treated with ammonia are not found complicated with visceral inflammation, oppressive internal congestions or other irregular and dangerous symptoms, as they are when subjected to other kinds of treatment.

In scarlet fever and measles the natural secretion from the skin is checked and the kidneys are very liable to assume a congested state, which causes the accumulation of excrementitious and poisonous matter in the blood and tends to the aggravation of the disorder. It must, therefore, always be a principal indication to eliminate this matter and ammonia, from its known influence as a diaphoretic and mild diuretic, by its evident salutary action on the

skin and kidneys, sets free these grand emunctories through which the morbid matter is expelled. The patient should be put into the best ventilated apartment at command, where an abundant supply of pure air can be secured, *free from all draughts and the possibility of chills.*

Dr. Witt, of Spring Gardens, has recently published a valuable pamphlet, in which he states that he has "from long and varied experience found ammonia to be a sure remedy for the cure of scarlet fever and measles." He was a pupil and private friend of the late Mr. Wilkinson, and writes with equal confidence of the efficacy of this medicine; adding (p. 8), "My own medical friends, to whom this practice was before unknown, have shown the greatest readiness, after due explanation had been given, to afford it a fair trial; and I can add, that they all, without a single exception, have since expressed their conviction of its surprising efficacy."

Mild aperients are likewise necessary and a combination of calomel and rhubarb is generally the most useful. A grain of calomel and eight grains of powdered rhubarb, may be given to a child of ten years old, every other morning, should the bowels be confined.

At the commencement of the disease, cold effusion or ablution is strongly advised by the most eminent physicians. It must not be resorted to except where the heat of the skin is great and without perspiration and then it is often of signal service in moderating the subsequent symptoms. The patient may be stripped naked and cold water be dashed over him every evening for the first three or four days; or the whole body may be quickly sponged with cold water. The refreshment is often instantaneous and operates like a charm.¹ See what is said of this valuable remedy under TYPHOUS FEVER.

1. Bateman's remarks on this point are worthy of record here and more especially since he was a physician of careful observation, considerable discernment and superior integrity. It would be delightful to see physicians generally copying his example. See *Memoirs of Dr. Bateman*. He says in regard to the employment of cold water in this disease, "We are possessed of no physical agent, as far as my experience has taught me (not excepting the use of blood-letting in acute inflammation), by which the functions of the animal economy are controlled with so much certainty, safety and promptitude, as by the application of cold water to the skin, under the augmented heat of scarlatina and of some other fevers. This expedient combines in itself all the

(Contd. on next page)

Antiseptic gargles or sponging should be employed and the room be often and freely fumigated with the nitrous acid vapour, as advised under PUTRID SORE THROAT, or be sprinkled with the chloride of lime or Condry's fluid, as recommended at pages 299-300. The gargles noticed in that article are proper here; or a very useful gargle may be made by mixing a drachm of muriatic acid with seven ounces of barley water, and an ounce of honey of roses. When the state of the throat is bad, these applications should be made strong and be frequently used. If the patient is unable to use a gargle, then sponge the throat with a little of the gargle. In boarding schools and large families, the nitrous acid fumigation, or the use of chloride of lime, is of great moment.

Towards the decline of the disease, it will generally be advisable to administer mild strengthening medicines, of which a decoction of bark with ammonia, as No. 84B, is the most appropriate and effectual.

In the beginning the diet should be spare and mild, because the inflammatory symptoms then run high; but afterwards those of debility prevail, when the food should be nutritious, but moderate in quantity, consisting of jellies, preparations of arrow-root sago, Embden grits and a little wine. If the symptoms are malignant towards the decline of the disease, the throat being deeply affected with spreading foul ulcerations, wine and ammonia must be given more frequently and the fumigation with nitrous acid vapour strictly attended to.

Next to ammonia, I believe the *tincture of muriate of iron* will

(Contd.)

medicinal properties which are indicated in this state of disease, and which we should scarcely *à priori* expect it to possess; for it is not only the most effectual *febrifuge* (the *febrifugum magnum*, as a reverend author, Dr. Hancock, long ago called it), but it is in fact, the only *sudorific* or *anodyne* which will not disappoint the expectations of the practitioner, under these circumstances. I have had the satisfaction in numerous instances, of witnessing the immediate improvement of the symptoms and the rapid change in the countenance of the patient produced by washing the skin. Invariably in the course of a few minutes, the pulse has been diminished in frequency, the thirst abated, the tongue has become moist, a general free perspiration has broken forth, the skin has become soft and cool, and the eyes have brightened; and these indications of relief have been speedily followed by a calm and refreshing sleep."

be found the most efficacious medicine. It may be given as in No. 87C.Y. in the *Appendix*.

Scarlet fever has a great tendency to weaken the absorbent system and incapacitate it for carrying off the fluids that are exhaled into the internal cavities of the body and hence to produce dropsy. This consequence is, however, in general prevented by ammonia or very easily removed by giving five or ten drops of the tincture of foxglove, according to the age of the patient, three times a day, in a little wine and water or infusion of bark, with an occasional dose of compound jalap powder.

PREVENTION.—Dr. Hannemann, of Leipsic, the founder of homoeopathy, has asserted nightshade to be a preventive of scarlet fever, but it is, like many of his other assertions, utterly worthless.

It will be highly advisable to sprinkle the rooms of the house where this fever prevails, with either the chloride of lime or of soda, which have a striking effect in destroying the infection of this disease.—*See* pages 299-300.

SCIATICA

Sciatica is a technical term for chronic rheumatism fixed in the hip joint, in which situation it frequently proves particularly obstinate. It is of the nature of *neuralgia* or painful affection of nerve. Its symptoms and causes are, for the most part, the same as those detailed under CHRONIC RHEUMATISM; and in respect to the treatment little can be added to what is there said. In treating it, I should place the greatest dependance upon the use of the compound ipecacuanha powder or the ammoniated tincture of guaiacum,—or the guaiacum mixture of the pharmacopoeia,—or turpentine and sulphur combined, (as advised under CHRONIC RHEUMATISM) in the day, with a pill composed of a grain of calomel, four grains of James's powder and a grain or two of opium, at night; the tepid bath at ninety-five degrees being taken every other morning or night or the vapour bath once or twice a week. The air-pump vapour bath is in general the most efficacious mode of applying vapour and the power of galvanism or electricity is often very considerable;

it should never be neglected in bad cases. The diet and regimen advised under INDIGESTION must be strictly adhered to. In some instances, it will be very advisable to rub the tartar emetic ointment on the external surface of the joint, so as to bring out a large crop of pustules, which should be kept discharging for a month or two.
—See CHRONIC RHEUMATISM..

In severe cases of this malady which resist the use of the preceding means, I would always try the Veratria ointment, made by mixing together fifteen grains of Veratria and an ounce of lard, the size of a nut being rubbed into the part night and morning, until it produces a pricking sensation. Should it occasion vomiting, it must be laid aside for a few days; at the end of which time it may be tried again, if the degree of pain calls for it.

Sciatica is generally so entirely dependent on the state of the health, that I would advise the patient to try a *spare diet*. Nothing but meat and bread should be taken at dinner; with a little wine and water; and a cupful of tea or cocoa (with good bread), morning and evening, should not be exceeded.

SCROPHULA OR KING'S EVIL

Scrophula (from *scrofa*, a sow), is so called because swine are said to be subject to it. It is also called *King's Evil*, from Edward the Confessor and other succeeding kings, both of England and France, pretending to cure it by the touch.

It is a disease, one of the chief or most palpable symptoms of which is a chronic swelling of the glands, in various parts of the body, which glands generally tend very slowly to imperfect suppuration. The first appearances, however, sometimes consist of spots on different parts of the body and of eruptions and ulcerations behind the ears; but the glands seldom or never fail to become affected in the course of the complaint.

The diseases, for the most part, shows itself early in life, though rarely before the second, and commonly not till the third year of infancy; from which period it continues to prey on the system till the seventh, tenth, fifteenth year or longer, when, in ordinary cases,

it gradually subsides. The attack is sometimes postponed till after the twelfth or fifteenth year. The first tumours are usually upon the sides of the neck, below the ears, or under the chin; they are, in general, two, three or four in number, but often still more numerous and are moveable, soft and slightly elastic, of a globular or oval figure, without pain or discolouration of the skin. In this state they continue for some time, when they grow larger, become more fixed, and acquire a purplish redness. They then give a feeling of greater softness and should they ulcerate, the skin, in one or more of them, becomes paler and a peculiar thin liquid is poured forth at several small apertures, which soon becomes of a curd-like form. The tumour or tumours then subside, but frequently others arise in their neighbourhood and in this manner the disease proceeds, the same process being continued for several years; after which the ulcers heal with punctured and indelible indentations, provided the complaint terminates favourably; but if not, other parts of the body become tainted with the morbid influence, especially the eyelids, cheek, groin, joints, and limbs.

In the worst and severest stages of the disease, the entire system appears to be contaminated; hectic fever ensues and sometimes tubercular consumption, which gradually puts an end to the contest.

In infants and young children, the belly often swells and becomes hard, proving that the mesenteric glands are affected.

It has been said above, that there is little or no pain in scrophulous tumours, which is generally true, but sometimes the pain is severe, especially when the disease arrives at its worst stage.

The scrophulous ulcer has a pallid and indolent appearance, the surface being covered with a transparent shining fluid giving it a glassy look. The discharge is generally a whitish curdled matter; the surrounding skin of a deep brown or livid colour; the edges are thick, retorted and insensible. Sometimes, however, the edges are inverted and exquisitely painful.

It most commonly affects children of soft and flaccid flesh; of fair hair and blue eyes; smooth skins and rosy cheeks; and such children have frequently a tumid upper lip, with a chap in the middle of it. It is not, however, exclusively confined to such habits, for it

is not unfrequently met with in individuals of a dark complexion, with dark eyes and hair.

The *remote* and *exciting causes* are almost invariably such as debilitate and which reduce the tone of the living fibre. And hence we find the common debilitating powers of cold, damp, deficiency of active exercise in an open salubrious air, excessive use of mercurial medicines, meagre or unwholesome food and the close atmosphere of populous towns, to be the most usual incidental sources of scrophula. It is very frequent in large manufacturing towns, and often follows other diseases which enervate the constitution, such as measles, small-pox and hooping-cough. A variable climate is the most favourable for its appearance, it being much less common in regions uniformly cold or hot.¹

TREATMENT.—The general idea of scrophula is, that it is a disease of debility; and therefore, the great object is to invigorate the habit by every possible means. The most celebrated and efficacious remedies here are strengthening and alterative medicines, as cod-liver oil, preparations of iodine and iron, coltsfoot juice, the compound calomel pill, burnt sponge, extract of hemlock and oxygen gas; warm and cold bathing; together with a nourishing diet of animal food and ale and constant exercise in a salubrious atmosphere.

Cod-liver oil is now regarded as one of the best remedies in scrophula; and one of the best modes of taking it is that described at page 44, a little ginger wine being added thereto. The tumours

1. "Among the *causes* which appear to give rise to scrophula in children, are the practices of rearing them by the hand and suckling them too long—two extremes both of which often lead to the same result. the imperfect nourishment of the child." —A similar injurious effect will be produced by allowing the same wet-nurse to suckle several children in succession, which we have known to be pursued as far as three, when debility and symptomatic amaurosis forced the woman to resign her charge. Imperfect nourishment of the child and consequent tendency to scrophula, is also likely to be induced in those cases where the wet-nurse menstruates regularly during lactation. It is an opinion professed by Wiseman, and other writers of great ability and experience, that a scrophulous *wet-nurse* may occasion the disease to appear in the child to whom she gives the breast," — *Cyclopaedia of Practical Medicine*, vol. iii, p. 716. To the correctness of these opinions I entirely subscribe.

should be frequently washed with a strong solution of common salt and water or vinegar and water. A poultice of sea tang, bruised, is likewise a very valuable application to scrophulous tumours. Together with the use of these means, the patient, when it is practicable, should make use of a tepid bath of about eighty-five or ninety degrees, three or four times a week. Cold sea-bathing is much resorted to, but many very able professional men prefer the tepid bath as just recommended, among whom is Sir Astley Cooper. Where, however, there is a good deal of remaining strength, the cold bath may be useful if the patient feels a glow after coming out; but as a general resource, I think the tepid bath, especially of salt water, is decidedly to be preferred, and the sweating bath more than all. Regular friction with the hand or flesh brush, should likewise be resorted to, and I would recommend it to be employed constantly night and morning, for ten or fifteen minutes, over the weakest parts, and, in change, over every part of the frame. When the swellings will bear it, the friction may be carried over the surface. Some respectable surgeons have made very favourable reports of the use of this means in indolent scrophulous tumours.

Dr. Cullen, of Edinburgh, was partial to the use of the juice of coltsfoot, and it is certainly worthy of confidence, particularly when a cough is present, with feverishness towards night. From two to four table-spoonfuls of the expressed juice of this herb may be taken, twice or thrice a day. I have a good deal of confidence in the decoction of coltsfoot and wormwood, prescribed under *Gravel and Stone*.

The mild alterative pill, No. 98A, page 192, given every other night, will sometimes be useful. When the belly is enlarged, or there is evident obstruction internally, it ought always to accompany the other remedies employed; but in no case should it be given in such doses as will be likely to affect the mouth and occasion salivation. The only correct use of calomel in this complaint is in small doses, united with some antimonial preparation and employed with a view to its alterative effects.

Sir Astley Cooper has recommended the oxymuriate or bichloride of quicksilver combined with bark. He says that, in every

case, much benefit may be derived from this medicine. He advises it to be given in small doses, when it has not the specific effect of mercury, but acts merely as a tonic.

Take of Solution of bi-chloride of mercury, made
according to the London Pharmacopoeia, 1 ounce;
Compound tincture of bark, 2 ounces.

Mix, and take a tea-spoonful and a half, three times a day, in water and after three weeks increase it two tea-spoonfuls. It is best taken directly after a meal, as after breakfast, tea or supper.

Sir Astley Cooper further says, respecting the treatment of this disease :—

“Air, exercise and nourishment, are the three great points to be kept in view in the treatment of scrophulous affections. The state of the atmosphere to be chosen, is that in which the air is dry and warm; a bleak wind is not advisable. It is a mistake to suppose that the air of the coast in the wet and cold season is of any advantage to scrophulous children; it is only in warm and dry weather that any benefit will be obtained. In cold weather the sea coast is not desirable. Children with scrophulous affections, or even those predisposed to them, should take a great deal of exercise in the open air.”—“I will now mention what are the best medicines; once a week, or every ten days, two grains of calomel and eight grains of rhubarb, should be given, in order to restore the secretions. A good medicine to be given daily, for a short time, is the rhubarb and steel—two grains of rhubarb and from three to five grains of the carbonate of iron. This is a very good tonic. Another good tonic consists of two grains of rhubarb and from four to six grains of dried subcarbonate of soda, with ten grains of columba, which may be taken mixed with sugar twice or thrice a day.”—“It is right to recommend sea-bathing; the bath should be taken about three times a week, at eleven in the morning. The temperature of the bath should be ninety-four degrees; the patient should remain from sixteen to twenty minutes in it and walk afterwards.”—*Lectures on Surgery, by Sir Astley Cooper, No. 66.*

Sir Astley's two grains of calomel and eight of rhubarb is making too free with calomel in scrophulous habits; half a grain of calomel with the eight of rhubarb will answer much better.

Burnt sponge has considerable effect in reducing the size of scrophulous glands, but citrate of iron, or some other tonic, should be given at the same time, since the sponge has a debilitating influence on the general habit when continued for a long period. One or two drachms may be taken thrice a day.

In irritable and painful scrophulous ulcerations, the extract of hemlock, in doses of five or ten grains, thrice a day, is often very useful. Dr. Fothergill thought highly of it in such instances, and, in my opinion, it is entitled to all the confidence he placed in it. It relieves pain, allays irritability and disposes the ulcer to heal. Dr. Baillie states, in his posthumous writings, that in scrophulous swellings of the glands of the neck, he had experienced good effects from sarsaparilla and soda, with some preparation of steel—but more powerful effects from sea-air and sea-bathing—and most of all from the air and waters of Malvern. EPSOM, OR MALVERN WELLS, I strongly recommend, with abundance of exercise.

Scrophula is remarkable for the presence of great debility, with little or no irritability, in the general habit, and when this is the case, the inhalation of oxygen gas may be of great utility. It has been strongly recommended in this disease, and from being a powerful tonic and stimulant, will, no doubt, be found serviceable in many instances. Sometimes there is so great a degree of torpor or in-irritability in the constitution, that the most valuable tonic medicines have little or no effect; in which case I should expect much advantage from the use of this gas, as it has often had a very sensible effect in giving tone to the system after almost all other means had failed. The same may be said of cod-liver oil.

Iodine is under careful and judicious management, a remedy of great value in certain cases of scrophulous swellings and indurations. I do not mean that it will cure the disease, but that it will be found of much use as an auxiliary. The best way of taking it is in small doses, combined with a vegetable bitter; for example, ten drops of the solution of iodide of potassium may be taken twice

a day, in two ounces of compound infusion of gentian, or in double the quantity of compound decoction of sarsaparilla. I think it should rarely be carried beyond this quantity, for when administered to any great extent, it invariably enfeebles the constitution and produces fainting, trembling and other unpleasant effects. The ointment of iodide of potassium may be used as directed under CANCER. Its power in alleviating the pain in scrophulous swellings and induration, is greater than anything I am acquainted with.

Iron is now combined with iodine, forming an *iodide of iron*, which promises to be much more beneficial in scrophula than iodine in any other form: it may be taken as recommended under WHITE SWELLING. Davenport's *Syrup iodide of quinine and iron* is a ternary compound of marked efficacy in cases of scrophula, and bloodlessness (*anaemia*). It is borne well by the stomach and not possessing the nauseous qualities of its constituents, is admirably adapted for children. The dose is one or two tea-spoonfuls, thrice a day, in water.

The best ointments for dressing the ulcers with, are the red precipitate, nitrate of mercury, (No. 89, page 188,) and zinc. Either of these may be used, and when one begins to lose its effect, a second may be tried. The carbonate of iron sprinkled on the surface of the ulcer is likewise a good application. The late Dr. Beddoes, of Bristol, recommended the following plan of treating scrophulous ulcerations, which he learnt from an old farmer in Ireland, who had practised it for many years with remarkable success. A sufficient quantity of the leaves and stalks of wood sorrel is prepared by wrapping them in a cabbage leaf and macerating them by their own juices in warm peat ashes. This pulp is applied as a poultice to the ulcer and left on twenty-four hours; it is then to be renewed in the same way to the fourth time, the poultice, at each dressing, being left on for twenty-four hours. After the removal of the fourth poultice, a sufficient quantity of the roots of the meadow-sweet is to be bruised and mixed with the sour head that appears on butter-milk, left in the churn, which is to be applied as a poultice, in the same manner, till the sore heals. Dr. Beddoes remarks, that he was told the healing always took place speedily and often in

two or three weeks; and the whole statement is corroborated by an extract of a letter from Mr. Edgeworth. The leaves of the wood-sorrel are the most efficient articles in this treatment.

In every instance, the diet should be very nutritious, consisting of the most digestible animal food, eggs, good home-brewed or Allsopp's beer, wine and the usual articles of a wholesome and nourishing diet. A growing girl of seventeen has taken four or five glasses of port wine daily, with the utmost benefit. No pork or salt meat should be taken. Constant exercise in an open dry atmosphere is of the last importance. I will venture to assert, that no medicine will succeed here, without much daily exercise in a salubrious air. The influence which deficient exercise has in producing scrophula, is proved to a demonstration by the fact, that for one boy afflicted with this complaint we meet with at least four girls. Now boys will have exercise, they cannot be kept within doors, but girls are too often deprived of it, and thus mothers and governesses make them scrophulous, rickety and hump-backed, that they might excel in music, drawing and other accomplishments. It is an indisputable fact, that five cases out of six of curved spine and growing out of the shoulder, occurring in young girls, are entirely owing to the deficiency of exercise in the open air; and we find there is no cure for this spinal curvature, in the majority of instances, but in a skilful use of exercise. Friction is a species of exercise and is worthy of much confidence in the management of scrophula.

SCURVY

Scurvy is a disease of great debility, in which there are livid spots on the skin, from blood which has escaped out of its proper vessels; languor and loss of muscular strength; and pains in the limbs. The cutaneous eruptions, so commonly called scurvy by unprofessional persons, is of a very different nature, being simply some foulness of the skin depending upon internal disorder, the treatment of which has been described at page 843-44.

This disease is frequently divided into the land and sea scurvy; but as they differ very little in their symptoms, and not at all in their treatment, I think it unnecessary to perpetuate the distinction.

Its first appearances are a pales bloated countenance, lassitude, disinclination to motion and diminished strength. If the gums be examined, they will be found spongy and apt to bleed on being touched, while the teeth are loosened in their sockets. The skin is sometimes rough, but more, generally smooth and shining, covered with bluish or livid spots, which do not rise above it; and these spots often coalesce in large blotches, particularly in the legs and thighs. About the same period, old ulcers often break out again, and the slightest mercurial preparation quickly produces salivation. The ulcers often discharge a thin fetid fluid, and the edges are livid, with irregular granulations, which sometimes run into a bloody fungus. The stools are usually frequent and offensive, but there is sometimes an obstinate costiveness; the urine is commonly high coloured and stinking; the pulse feeble; and the joints very weak. A shrinking of the flexor muscles soon takes place and renders the limbs useless; the calves of the legs fall away, with sometimes an irregular hardness; and even those bones which have been formerly broken and re-united, become again separate at the line of re-union.

In the worst stage, blood is frequently discharged from the bowels, bladder, and other organs; the slightest motion brings on faintness, and sometimes immediate death; and catchings of the breath are frequent and dangerous.

A diet of salt provisions, with a deficiency of vegetables; want of cleanliness; cold united with moisture; and neglect of exercise; are the *most common causes*. In certain habits, it may be excited from poor living, and a neglect of cleanliness and exercise, when salted provisions have made no part of the patient's diet.

The *immediate cause* is an impoverished and putrescent state of the blood and a diminution of the vital power.

It may be readily *distinguished* from malignant fever by the absence of heat, quick pulse, and the other symptoms denoting severe fever; by the intellectual faculties being little or not at all impaired; and by its coming on more gradually and continuing a much longer time than putrid fever.

TREATMENT—The object is to restore to the body its wonted

energy and strength, which is here most effectually accomplished by observing great cleanliness and free ventilation and resorting to a dry air, with the use of fresh provisions of a nutritious quality, fermented liquors, as ale, cider and spruce beer, vegetable acids, acid fruits and such vegetables as scurvygrass, water-cress, brook lime and garlic. If these are employed in time, the disease will be found to yield easily; but when the prostration of strength is great, the patient must be positively forbidden to use the least bodily exertion, as it is very apt to induce faintness and even death. In cases of extreme weakness, the external air alone, and especially when sharp or in a current, is sufficient from its pressure and stimulus to destroy the small degree of vitality remaining; a fact long ago observed and recently confirmed by five men dying in the boat belonging to the Prince of Wales ship of war, between the Downs and Deal Hospital.

Lemon juice is of the greatest service in this disease. It should be mixed with water and sugar and drunk freely. Where it cannot be got, the juice of limes, oranges or the shaddock, may be substituted and used in the same way.

Captain Cook thought very highly of malt sweet wort or infusion of malt; and Dr. Silvester's antiscorbutic drink is also valuable. It is made by boiling three ounces of cream of tartar, four ounces of juniper berries, two drachms of ginger, in powder and five pounds of coarse sugar, in six gallons of water. After boiling half an hour, the whole is poured into a tub and allowed to ferment. It may be drunk, in the quantity of from one to three pints daily, as soon as the fermentation commences. Sowens, an article of diet well known in Scotland, was also considered by Captain Cook of great efficacy.

Exercise and amusement are of consequence the prevention of scurvy. From the narrative of Sir E. Parry's voyage to the Polar Seas, it appears that he was fully impressed with the expediency of amusement as well as of exercise, for the preservation of the health of his men; and this point should not be overlooked in the treatment of scurvy.

Costiveness must be prevented by dissolving a little cream of

tartar in a decoction of tamarinds and prunes, a little of which may be taken occasionally, so as to keep the bowels free from confinement without their being purged. It is of much moment that the bowels should not in any degree be purged.

Ulceration of the gums requires the daily use of an astringent gargle, as No. 56 or 57, page 169. For the relief of acute pain, there is, perhaps, nothing so suitable and efficient as the compound powder of ipecacuanha, which may be taken in doses of three or four grains, three times a day, made into a pill with conserve of roses. Contractions of the muscles of the legs should be treated with warm fomentations of vinegar and water, and gentle friction.

Scorbutic ulcers on the legs are best treated by sprinkling on them a little carbonate of iron, once or twice a day or touching them with tincture of myrrh; a carrot poultice or one of bread and water, into which a table spoonful of yeast has been stirred, being applied occasionally at night. These ulcers are most benefited by stimulating applications.¹

SHAKING PALSY

The shaking palsy is a permanent agitation of the head or limbs without any exertion of the will, the body being generally bent forward, often with a propensity to run or fall headlong. It commonly appears after mature age.

The approach of this malady is so imperceptible, that the precise period of its commencement is seldom recollected by the patient. A slight sense of weakness, with a proneness to tumbling, sometimes in the head, but more commonly in the hands or arms, are the first symptoms noticed. These affections gradually increase, the patient bends himself forward, and, by degrees, the legs suffer similar agitations, and there is a loss of power with the hands and arms. As the disease advances, the limbs become less and less capable of executing the dictates of the will, while the sufferer

1. Dr. Ross, of 11, Hart Street, Bloomsbury Square, has closely studied the varieties and treatment of *Cutaneous Diseases* and is worthy of all confidence by those suffering from any such complaint.

seldom experiences even a few minutes suspension of the tremulous agitation; and should it be stopped in one limb by a sudden change of posture, it soon makes its appearance in another.

In the more advanced stage, the tremulous motions of the limbs occur during sleep and augment in violence till they awaken the patient in much agitation and alarm; the power of conveying the food to the mouth is impeded; the bowels are exceedingly torpid; the trunk of the body is permanently bowed; muscular power diminished; mastication and swallowing difficult; and the saliva constantly dribbles from the mouth.

The disease, however, often continues a long time before it arrives at this extreme state.

Long exposure to damp vapour, by lying from night to night on the bare earth, has produced it, as well as other *causes* of chronic rheumatism; and it has frequently followed chronic rheumatism itself, and long indulgence in spirituous liquors. Indeed, any thing that greatly debilitates the vital power may prove a cause, as the daily exhalation of metallic and other injurious vapours, etc. But sometimes the *remote causes* are involved in obscurity.

The part of the nervous system more immediately affected seems to be the spinal marrow, and, perhaps, a peculiar affection of this sensitive and important substance is, in the majority of instances, the immediate cause of shaking palsy.

It is to be *distinguished* from St. Vitus's Dance, by its attacking those in mature and advanced life, and by- the peculiar symptoms above described. St. Vitus's Dance almost invariably attacks the young.

TREATMENT—Those remedies which have the power of promoting a healthy state and action of the spinal marrow are the most useful. Large blisters frequently applied down the spine, setons and issues cut near it, and stimulating embrocations, as No. 39, page 161, freely rubbed over it, promise benefit. The burning of moxa (see page 103) on the same part may prove of great service in many instances; and the skilful use of galvanism or the magnet, is worthy of much regard.

Some respectable physicians have recommended an active purgative plan as very efficacious. It may be pursued in the way advised under ST. VITUS'S DANCE. The arsenical solution has likewise been well spoken of—See page 825.

When the disease is suspected to be of rheumatic origin, the means noticed under chronic rheumatism are proper, especially the use of the compound decoction or extract of sarsaparilla, with the compound ipecacuanha powder and an alterative pill of calomel, James's powder and opium or No. 99, page 192. The dandelion may in some cases be useful. Bathing in the Buxton and Bath springs is very advisable.

The *nux vomica* appears to possess a specific influence over the spinal marrow, and in those cases which resist the employment of the preceding remedies, I would strongly advise it to be tried. It may be taken as directed at page 137; and see what is said of cupping along the spine under TETANUS.

SHINGLES

Shingles (*herpes*) is an eruption of vesicles in small distinct clusters, with a red margin, which spread round the body like a girdle; in short, it is a variety of ringworm, or tetter, occupying the trunk of the body.

Frequently it occasions little inconvenience beyond what arises from the heat and itching; but sometimes it is preceded and accompanied with considerable constitutional affection, as sickness, head-ache, thirst, sleeplessness, and feverishness and the pain is considerable. The first symptoms of the local disease are those of heat, itching and tingling, in some parts of the trunk, which, when examined, is found to be studded with small red patches of an irregular shape, upon each of which, numerous minute elevations are seen clustering together. In the course of twenty-four hours, these vesicles enlarge to the size of small pearls, are perfectly transparent, and filled with a limpid fluid. During three or four days, other clusters arise in succession and with considerable regularity, that is, nearly in a line with the first, extending always

towards the spine at one extremity and towards the breast bone at the other; most commonly passing round the waist like half a sash, but sometimes like a sword belt, across the shoulder. The vesicles terminate in thin dark scabs, which fall off about the twelfth or fourteenth day.

It is most frequent in summer and autumn, when slight causes will often excite it, and especially exposure to cold after violent exercise and the use of cold vegetables. It is sometimes connected with considerable disorder of the digestive organs and mental anxiety.

TREATMENT—The complaint is generally of little importance, and rarely requires any thing beyond the exhibition of a mild purge, No. 28, page 156, every other day and a little of the ointment, No. 94, page 190, spread on linen, applied to the eruption. The diet should be simple and small in quantity. If the feverish symptoms and irritation are considerable, which is sometimes the case, then give four grains of James's powder, every night, the mixture, No. 78D, page 181, being taken thrice a day. Ammonia is the principal remedy in this complaint. The cordial mixture, No. 79, page 181, may be found of great service. A Plummer's pill every night is a very useful medicine in most cases. Powdered starch, either alone or mixed with white oxide of zinc, in the proportion of two drachms of oxide of zinc to four ounces of powdered starch, forms an excellent application to the shingles, and, indeed, to all irritating skin diseases.

Now and then it happens, on the decline of the eruption, that the patient is affected with an intense deep-seated pain in the chest, and if the pulse should then be frequent and hard and the patient of a very full habit, it will generally be necessary to give the mixture, No. 78D, page 181, every second hour, until relief is obtained and to direct the observance of a mild diet, with a little opening medicine occasionally, such as No. 120, page 205. This will be the best plan for relieving the pain.

SMALL-POX

Small-pox is divided by medical writers into two species; the

distinct or *benign*, and the *confluent* or *malignant*. In the former, the pustules are perfectly distinct and separate from each other; in the latter, they coalesce, and the eruption is continuous.

The nature of this disease is best known and consequently its species may be determined, from observing the state of the face, the danger being better estimated by the number and appearance of the pustules there than on any other part of the body. If they be distinct and few in number on the face, even although in some degree confluent elsewhere, the disease is termed the distinct small-pox and the danger is inconsiderable. If, on the other hand, there be a load of pustules on the face, if they run into each other so that it appears uniformly of a whitish colour, as if, to use Sydenham's expression, it were covered with parchment, whatever appearance the eruption may have on other parts of the body, the disease is termed confluent, and the danger is considerable.

Of the benign or distinct kind. This form is usually ushered in by a fever of the inflammatory type, characterised by considerable pains in the back and loins, nausea, vomiting, pain in the pit of the stomach on pressure and disposition to drowsiness; the skin and throat are parched, the bowels costive, the urine at first pale, afterwards more scanty and high-coloured and in infants there is sometimes one or more epileptic fits.

Towards the end of the third day from its commencement, the eruption makes its appearance, first on the face and hairy scalp, then on the neck, and at length over the whole body. The patient is often affected by sneezing as soon as the pustules show themselves, which continue to recur while they are coming out. About the fifth or sixth day, counting from the commencement of the fever, that is, the second or third of the eruption, a little vesicle, which appears depressed in the middle, is seen on the top of each pustule, containing a matter nearly colourless. The eruptive fever now disappears. For two or three days the vesicles increase in breadth, the matter gradually assuming the purulent appearance. About the eighth day of the disease they become spherical and the pustules are completely formed; being then very itchy, hard and prominent and also terminated by a point. At this time, when the pustules are

pretty numerous, the face swells and is often affected with acute pain; the swelling sometimes extends to the whole head; the eyelids seem as if distended with a fluid and are often so much enlarged as entirely to close the eyes. When the eyes are much affected from the beginning, the sight is sometimes lost, generally in consequence of one or more pustules forming on the cornea.

About the eleventh or twelfth day from the commencement of the fever, the pustules have gained their full size,—which differs a little in different epidemics, but is generally about that of a pea,—a dark spot appears on each, and from being soft and smooth, they become rough and throw out a yellow matter. They now begin to shrink and the matter drying forms a small crust. Sometimes only part is thrown out, which, together with what remains, hardens and in a few days falls off, leaving the skin in the places which it covered of a dark brown colour, that often continues for a long time after the patient is well; and in cases where the pustules have been large or late in becoming dry, deep indentations of the skin remain. At this time, the swelling of the face and other parts gradually subsides.

On the coming out of the pustules, the fever suffers a remission, and in the mildest cases disappears entirely about the fifth day, at which time the eruption is completed; but when the pustules are numerous, a return of fever usually happens about the eleventh day. This is called the secondary fever and is much to be dreaded in the severe form of the disease; but in the distinct small-pox, it is for the most part slight, and disappears in a few days.

The later the eruption is in appearing, and the sooner the pustules become dry and fall off, the better in general is the prognosis.

Of the confluent or malignant form. The sensation of cold, anxiety, pains in the back and loins, nausea, vomiting, pain in the pit of the stomach on pressure, etc., are present in this as well as in the mild form of the disease, but are here experienced in a greater degree. In the distinct small-pox, the eruptive fever is inflammatory and never shows a tendency to typhus, while in the confluent, although in the beginning inflammatory, it generally soon shows this tendency. In the most alarming cases, indeed, the fever is a

typhus almost from the first. The tendency to sweat is uncommon in this form; but a looseness often precedes the eruption, and continues for a day or two after its appearance. In adults, a salivation often attends instead of a looseness.

Small-pox appearing in a regular and mild form is seldom fatal, if properly managed; but it often induces an irritable and debilitated state of some important organs, as the lungs, bowels, or eyes and thus leaves behind a disposition to cough, inflammatory affection of the chest or bowels, and an inflamed condition of the eyes. Sometimes the whole system is so enervated by it, as easily to fall a prey to scrophula in its worst forms.

Confluent small-pox must always be considered a dangerous disease. The chief symptoms indicating danger are, great prostration of strength, the pustules becoming flattened or brown and black, great anxiety, oppression at the chest, delirium and the appearance of small purple spots in the skin. If the stools are unusually fetid, the prognostic is bad.

The eleventh day is the most fatal in small-pox.

The disease is well known to be the effect of a specific contagion.¹

The marks of *distinction* between this disease and measles, and between it and chicken-pox, may be readily seen by referring to what has been said of those complaints, at pages 433 and 748.

TREATMENT—Small-pox is an eruptive fever, which, in the commencement, is almost always attended with marks of high excitement in the system and the principal objects of attention in every case are, to moderate the fever and to obviate any unfavourable symptom that may arise in the course of the disease. The most appropriate and effectual means of keeping under the fever and promoting a happy recovery, are, the use of the following mixture of cream of tartar, rhubarb and cold air, with mild purgatives, combined with a spare diet in the beginning, succeeded by one that is nutritive.

1. For the means of arresting the progress of this contagion in any particular situation, see page 310, and the note at page 749.

Bitartrate of potash (cream of tartar) exerts a very salutary influence on the blood, and I believe the following prescription will be found of eminent service in all cases of small-pox.

Take of Cream of tartar	$\frac{3}{4}$ of an ounce;
Powdered rhubarb	12 grains;
Water	1 pint.

Mix, and give the patient half of this mixture directly, and repeat it in six hours.

Afterwards, if one half of the mixture is given once a day, I think it will be found equal to conduct even severe cases to a favourable issue. It subdues the fever and sensibly relieves the patient in every way.

If the bowels are confined, give the powder, No. 120, page 205, which will mostly operate two or three times, and every day afterwards the bowels must be kept in a soluble state, by the occasional use of the mixture, No. 74, page 176, if necessary, and the higher the fever rises the more freely must it be employed. When the fever runs high, no fear of subsequent debility should deter us from administering purgative medicine freely, since, so far from producing this effect, it is the most certain means of preventing it, under such circumstances, by moderating the excessive action present; which if allowed to go on unchecked, would undoubtedly induce great prostration of strength, and, perhaps, a putrid state of the humours. I do not mean to recommend very active *purgings*, but the regular administration of the *milder kinds* of purgatives. But if a dose of the preceding mixture of cream of tartar and rhubarb is given daily, probably aperient medicine will not be required.

The patient must, at the same time, be exposed to fresh and cold air, and at no period should he be confined to the house, whatever be the season, unless the fever be such as confines him to bed. He should lie with a few bed clothes and on a mattress; his room should be cool; and a free use of cold drink and frequent changes of cold linen, are highly proper and useful. The cooling *regimen* has great effect in moderating the eruptive fever.

So long as the fever continues considerable, the diet should be mild and rather spare, consisting chiefly of decoctions on barley, grits and such like, with bread. Toast and water lemonade, or cream of tartar and water, may be taken for common drink; but it is now the usual plan to allow a libera diet.

These means are usually sufficient to conduct the benign disease to a favourable issue but if any unusual and severe symptoms arise in the progress of the disease, they will require to be combated by the usual measures. For example, if great irritability and restlessness occur, ammonia should be given, as in No. 78D, page 181, the purgatives, cold air and cooling diet, as above advised, being still continued.

When obstinate vomiting occurs, it must be restrained by exhibiting the effervescing draught, No. 24, or the pill of camphor and opium advised under VOMITING. Should a looseness come on early and be moderate, it must never be interfered with; it is only when it proves excessive and debilitating that it should be checked, by the employment of mild astringents, as a powder composed of two grains of compound powder of ipecacuanha and ten grains of tormentil powder, which may be repeated after every liquid stool or by the other mild measures recommended under DIARRHOEA.

Blood-letting is rarely advisable in small-pox, even when the fever is very considerable, since the excitement is much better reduced by the use of purgatives and a cold regimen. If, however, the inflammation of the eyes, or the heaviness and stupor, what medical men call coma, are considerable, six leeches may be advantageously applied to the temples and a blister put behind the ears.

To prevent the pustules from affecting the globe of the eye and injuring the sight, pieces of folded linen wet with cold water should be kept applied to the eyes during the eruptive fever and the cream of tartar mixture be given.

In the confluent or malignant small-pox, the same plan of treatment, by the exhibition of cream of tartar, purgatives and a cooling regimen, is necessary in the beginning, as above recommended for the milder variety; and the higher the symptoms

of general excitement rise at the commencement, the more assiduous must we be in the use of these means and in enforcing the employment of cold air and drink. Here, after the first few days, symptoms of debility generally appear and on their appearance ammonia and a supporting system must be entered upon directly, the patient still being kept cool and every source of irritation avoided. When signs of debility appear, the fever for the most part changes from inflammatory to typhus and the means detailed under the latter article are the most proper. But of all the tonics employed in malignant small-pox, there appears none so well adapted to the support of the system as sulphuric or muriatic acid, especially for the first few days of debility. For there is then a great deal of heat and feverishness still continuing, although accompanied with symptoms of debility, and these acids prove powerfully tonic at the same time that they are cooling. Muriatic acid is the best and may be taken as prescribed under Typhus.¹ Ammonia is also a valuable medicine in this state of the disease. If the symptoms of debility increase and especially if the pulse sinks, the pustules flatten and the surface of the body turns pallid, wine must be added to the other remedies, blisters and mustard poultices applied to the feet; and the other means advised under typhus should be resorted to.

SPITTING OF BLOOD

Haemoptysis or spitting of blood, is a discharge of blood from the lungs, or windpipe and its terminations, called bronchia.

It is generally preceded by a sense of weight, anxiety and pains about the breast, with some degree of difficulty of breathing, often of a sense of heat, sometimes under the breast-bone, and sometimes moving from place to place; and a little before the blood appears, there is frequently a saltish taste in the mouth. At length a tickling at the top of the windpipe occasions hawking, which brings up a

-
1. "The sulphuric acid (or muriatic acid) is the only remedy, in conjunction with wine, on which we can rely in the confluent small-pox, when the pustules are filled with a bloody sanies. and the urine is coloured by broken-down particles of blood."—Dr. Anthony Thomson's *Elements of Materia Medica*. vol. i. p. 704.

little blood of a florid colour and more or less frothy. Frequently there is a cough attended by much irritation of the larynx, and sometimes by very acute pain in the chest. As the quantity of blood increases, there is a rattling noise in the windpipe before it is brought up and then it comes less by hawking than by coughing, which is sometimes the ease from the first.

These *local symptoms* are often preceded by general chilliness, with weariness of the limbs, pains of the back and head, costiveness, frequent, full pulse, and other symptoms of fever. The pulse has usually a particular kind of vibration, which may continue for many days after the haemoptysis has ceased.

The slighter cases of *haemoptysis* depend on a similar extravasation of blood from the mucous membrane of the *bronchia*. It is rather by exhalation or secretion that the over-loaded vessels relieve themselves, than by laceration or rupture. It is usually an evidence of further disease of an active character, and calling for careful attention. Those cases, however, of violent and extreme haemorrhage, which sometimes resist all medical treatment, arise from a very different and more dangerous cause. In these, some part of the substance of the lungs has undergone organic changes being indurated to a very great degree. The ordinary extent of this induration, is from one to four cubic inches; it is almost always very exactly circumscribed, being as considerable at the very point of termination as in the centre. In this induration, the diseased part appears quite homogeneous being altogether black or of a very deep brown, and disclosing nothing of the natural texture of the part, except, perhaps, the bronchial tubes and the larger blood vessels.

In advanced cases of pulmonary consumption we sometimes meet with considerable losses of blood from the lungs, which may result from the rupture of a vessel traversing an excavation formed by the ulceration and discharge of a tubercle.

This disease is often of an alarming character, from its indicating a tendency to ulceration of the lungs, especially when it occurs in persons of a narrow chest, and of a consumptive appearance. If it be followed by cough, pain or difficulty of breathing, the danger is considerable.

Those of a sanguine habit, slender make, and delicate constitution, are most subject to it, and it occurs most frequently at from fifteen to thirty-five years of age, and in spring or autumn. Fulness of blood disposes to it, and so does great sensibility and irritability, combined with a narrow conformation of the chest.

The *occasional causes* of this affection are, external heat,—a considerable and sudden diminution of the weight of the atmosphere,—whatever increases the force of the circulation, violent exercise or straining,—the external application of cold.

The spitting of blood which is met with in consumptive patients, and accompanies the formation of tubercles, is most frequently of the bronchial species,—the blood proceeds from the windpipe or its terminations; while that which occurs in subjects affected with disease of the heart, is commonly owing to an induration in the substance of the lungs.

When blood is discharged from the stomach, it is called vomiting of blood, and is usually in much more considerable quantity than when it takes place from the lungs,—of a darker colour,—more grumous,—often mixed with other contents of the stomach, and commonly unattended with cough. In the present disease, it is brought up by hawking or coughing, is of a florid red colour, and mixed with a little frothy mucus.

TREATMENT—A discharge of blood from the lungs may appear either in the sanguine and florid, or in the debilitated and pale. In the former case, it is accompanied with increased vascular action, and the blood is florid and tenacious; in the latter it is attended with general laxity or debility, weak vascular action, and the blood is thin and of a diluted red.

In all cases, the best remedies are, ipecacuanha and Glauber's salt united; nitre; superacetate of lead; common salt; and a mild spare diet of vegetable food.

Ipecacuanha wine, or powder, and Glauber's salt, combined in such small doses as operate mildly on the bowels, and produce slight nausea, prove of the utmost service in this complaint, and are applicable to almost every case. They have frequently succeeded

after many other powerful remedies have failed. Therefore give the following draught immediately, and should the nausea excited by it be insufficient or the bowels be too much acted upon, the dose of ipecacuanha may be increased, or that of the salts lessened, accordingly, and vice versa, since the proper manner of using this form is, to combine the medicines in such proportions as will act mildly, yet sufficiently, in the way just now described.

Take of Ipecacuanha wine.	1 or 2 drachms,
(Or ipecacuanha powder.	1 or 2 grains;)
Glauber's salt	1 drachm;
Infusion of cascarilla bark,	10 drachms.

Mix for a draught; to be taken in the beginning, every second hour, and after it has checked the bleeding, twice or thrice a day, so as to keep up a gentle action on the bowels.

In cases of emergency, where no other remedy is at hand, give a tea-spoonful of common salt, and repeat it frequently.

Nitre has been strongly recommended, and is often of great value, more especially in full habits. The Italian physicians have unlimited confidence in it, and employ it in large doses, as half a drachm dissolved in cold water, repeated three or four times a day. It should not be continued longer than two or three days at a time.

If the foregoing means fail of success, which they rarely will, the superacetate of lead should be tried. It is a most powerful astringent, and may be given in this form :—

Take of Acetate of lead	3 grains;
Distilled vinegar	half a drachm;
Laudanum	10 drops;
water	1½ ounces.

Mix for a draught, to be taken every two or three hours, until relief is obtained, giving every morning the powder, No. 130A, page 209.

Should the bleeding occur in a full habit, where the strength is considerable, and the pulse full and hard, bleeding from the arm, to the extent of twelve ounces, has been recommended, but I think it a bad practice. In all cases, it is far better to trust to the draught of ipecacuanha and Glauber's salt, to nitre, or superacetate of lead, than to blood-letting, or anything else. Great injury is often done by bleeding in this disorder. In by far the greater number of cases, if not in all, I am convinced that blood-letting is decidedly improper.¹

Fainting is often serviceable in checking bleeding from the lungs, and it is, therefore, improper to use means to prevent it, where the bleeding is considerable. On this account, cordials, strong odours, and every other means of rousing the patient, should be avoided, in every case of active hæmoptysis, occurring in full habits. When the complaint occurs in a debilitated or delicate habit, and is the consequence of weakness, the course of proceeding should clearly be different, and every proper means of preventing fainting must be employed.

At the same time that the above remedies are resorted to, the temperature of the patient's room should be kept as low as possible,

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1. It is a singular fact, that in a person threatened with hæmorrhage, either from the lungs, brain, or elsewhere, the application of leeches, and other methods of drawing blood, frequently decide the very occurrence of the disease it was intended to prevent. M. Laennec, a late French physician of great experience, says (*Treatise on Diseases of the Chest*, page 197), "It occasionally happens that both local and general bleeding, in place of proving derivative, seems, on the contrary, to excite hæmorrhage. I have noticed the return of the menses, and aggravation of the monthly discharge, during the application of leeches to the pit of the stomach. General bleedings appear sometimes to have alike effect on hæmoptysis." Sir James Clark also says, "I have more than once seen slight hæmoptysis follow the application of leeches round the anus, (and have warned patients not to be alarmed at it), when applied to obviate pulmonary hæmorrhage. In one case, a severe attack of hæmoptysis took place a few hours after the application of leeches." The inference I draw from this fact is, that debility being commonly one of the chief causes of hæmorrhage, we might reasonably expect that since the artificial abstraction of blood tends still more to augment the weakness, it would in many instances really increase the evil it was ignorantly designed to remove. I think this fact affords great support to the opinion, that we are not justified in the artificial abstraction of blood. Invigorating measures will be of more immediate and manifest service.

by the usual means, as cold externally applied is sometimes of great service. Do not apply cold water to the chest, for it is dangerous.

In the *haemoptysis* of weakly habits, if ipecacuanha and Glauber's salt, and nitre, or acetate of lead, fail, the oil of turpentine is often serviceable, and so are the vegetable and metallic tonics. Fifteen drops of the oil of turpentine, in cold water, may be given every second hour, till the bleeding stops, and afterwards the tonics.

In all cases of *haemoptysis*, in which the strength of the patient is exhausted, the use of invigorating medicines is necessary; but it generally requires a good judgment to adapt them to the excitable state of the system. The tonic selected must be given in small doses. Bark, or the bitter infusions, as No. 63, 65, or 85, page 171-72, 185, or diluted sulphuric acid, may be prescribed. The pills of sulphate of quinine, No. 115, page 202, are very proper; or twenty drops of diluted sulphuric acid may be given in a wine-glassful of infusion of gentian, thrice a day. In these instances, a blister applied to the chest or between the shoulders, is sometimes serviceable.

In the *haemoptysis* of young females from menstrual irregularities, we must resort to the means advised here, under *Suppression of the Menses* or in the author's book ON THE DISEASES OF FEMALES.

When this complaint arises in persons of a sanguine habit or florid complexion, whose strength is little or not at all impaired, the diet should be scanty, and of a mild vegetable description; all kinds of animal food, and fermented liquors, must be forbidden, and the quantity of drink should be small. The use of acidulous fruits, as oranges, lemons, etc., and vegetable acids, are proper, and whatever food is taken should be cold. All muscular exertion, and even great exertion of mind, is hurtful. If, however, this malady occurs in an enfeebled constitution, the diet must be nourishing, though very mild, consisting of milk, eggs, the most digestible kinds of animal food, and a little white wine. Here change of air and very gentle exercise, are advisable.

After the bleeding has stopped altogether, the patient must resort to means to prevent its recurrence in future, and, for this

purpose, those who are of a full habit should constantly observe a mild and chiefly vegetable diet, and moderate exercise, with the occasional use of the saline aperient, No. 130A, page 209; while those who are weakly and delicate, at the same time that they take the powder, No. 130A; occasionally, must endeavour to strengthen the chest and constitution at large, by a cautious but continued use of the tonics above prescribed, with cold sponging, daily exercise on horseback proportionate to their strength and change of air and scene.

Those who are subject to a spitting of blood should carefully avoid elevated, cold and bleak situations, and choose a flat or low country where the air is heavy. If the place is, at the same time, sheltered, it will be still more desirable. This advice is of great importance, as the most valuable remedies will generally fail of any good effect in this complaint, so long as the patient continues in an unfavourable situation.

SPINAL CURVATURE

Distortion of the spine has of late years become very frequent, especially in young females. Correctly speaking, it is of two kinds : 1. Lateral distortion, arising from weakness or rickets; 2. Distortion forwards, arising from caries of the bones of the spine, or ulceration of the intervertebral substance.

The *lateral distortion* is usually to the right side, and is the kind of curvature now most commonly met with. The first circumstance that attracts attention in a beginning curvature of the spine, is one breast appearing larger than the other, or so unequal as to lead to a suspicion that it is growing out of its place; or the patient's friends are struck by the right shoulder appearing enlarged, and farther removed from the spine than the left. At the same time there is generally an apparent enlargement of the left hip; so that the ordinary visible effects of the lateral distortion are, such a change in the appearance of the right shoulder and hip on the opposite side, that mothers, in describing the state of their child, when the spine begins to be distorted, explain it as a *growing out of the right*

shoulder and of the left hip. In this condition, the patient, when in certain positions, appears to have one leg shorter than the other; and in walking, there is a constrained position of the head and neck, and inclination to one side and also an inequality in the step.

If, when these appearances present themselves, the spine be examined, it will be found nearly in the form of an italic *f*, and perhaps with a slight bend outwards; and the whole of the right side will be of a rounded or barrel-like form, while the left is diminished and contracted, the ribs being closer together than is natural.

In the distortion forwards, the spine is bent forwards, that is, from within outwards, (not laterally), so as to form an angle posteriorly. In most cases of this kind of disease in the spine, the lower limbs are sooner or later affected with some loss of the power of voluntary motion, and ultimately with complete paralysis. Indeed, on minute inquiry, it is found that languor, listlessness, unwillingness to move, and unsteadiness in motion, have preceded the visible disease of the spine, in a greater or less degree.

The *immediate cause* of the lateral curvature is debility, however induced, and affecting more especially the muscles and ligaments of the back. This debility may be induced by the want of sufficient general exercise, and especially of that which acts more immediately on the muscles of the back,—by sitting long at work, or in practising on a musical instrument without artificial support,—by a habit of lounging on one leg, —by indulging much in sleep on a soft bed with a high pillow,—by the fashionable but pernicious attempts that are made to correct the figure, or to model it into a certain form.

The lateral curvature is one among the many disorders of debility which have grown out of the errors of our present refinement; it is a part of the mischief resulting from the evils of moral and physical education.¹ But very frequently it is not really

1. It is surprising and sometimes amusing, to witness the various forms which this disorder assumes, (some of them anomalous nervous affections), that arise from the evil of our present moral and physical education. Sir B. Brodie talks of hysterical White-Swellings (*see it WHITE-SWELLING*) no doubt arising chiefly from this source; but there is a remark of his relative to the present
(Contd. on next page)

so serious an evil as it seems to be. I mean, it is more certainly and readily cured than the public suppose, or than the ill judged course pursued by many of the profession will lead them to believe. The skilful and successful treatment of Mr. Harrup, of Brighton, has fully proved this.

The true cause of the distortion forwards, is a morbid state of the spine, or of some of the soft parts connected with it. This diseased state of parts will, upon careful inquiry, be always found to have preceded the deformity some length of time. The majority of those who labour under this kind of distortion are young children, and particularly those of a scrophulous habit; while the lateral curvature occurs most commonly in young females of from fifteen to one-and-twenty years of age.

TREATMENT—*The lateral curvature*, arising from weakness, is almost always curable if attended to in time. The indications of treatment are, to give due strength to the back, and whole constitution, by a proper and continued use of exercise and rest, nutritious food, and strengthening medicine. Gymnastic exercises are found to be of the highest value in this complaint, which I shall presently illustrate by an example. The exercise must be of a kind which will restore tone to a debilitated frame, and, therefore, it must be resorted to daily, the modes and degrees of it being varied and gradually increased, and it being always short of any particular fatigue. Friction and shampooing are species of exercise well adapted to this disease, since they have the power of giving tone to the back, and general system, without occasioning fatigue to the patient. Therefore, in addition to the gymnastic exercises, friction

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complaint, which is of uncommon value (*Medico-Chirurgical Review*, Nov. 1828. p. 58), viz., that nine out of ten of "those unfortunate young women who have been *doctored* of late years, for '*spinal diseases*,' have really laboured under nothing but *hysterical pains* in the back. The friends of young ladies are often shamefully imposed on in this affection, from a much longer time being taken in the cure than is necessary and their being put to great and needless expense. London is the worst place in the kingdom for their treatment, and those who advice such patients to be sent up to them there, are the most to be shunned. The treatment should always be carried on in a dry bracing country air.

over the chest, spine, and limbs, should be regularly practised once or twice a day, and that *very freely*. The friction commonly employed is not sufficiently energetic. The *patent portable gymnastic apparatus* of Mons. Huguenin will be found very useful. It may be procured from him, at No. 17, Lord Street, Liverpool.

Proper rest is of much consequence, because the patient being weak and easily fatigued, if a state of comfortable rest were not observed at those times when the necessary exercise is not resorted to, the weakest part would be likely to suffer from the effects of exhaustion and languor, and the spine, in consequence, to become more distorted. Occasional ease and rest should, consequently, be given to the muscles of the spine by the patient's lying down, either on an inclined plane, or on a couch, and this she should do whenever she feels fatigued, or a want of such rest. It has been a very common practice of late years to confine young ladies to the inclined plane, or to the couch for months together, often without their being allowed to rise during any part of the day, and this wearisome rest alone has been considered sufficient to cure the distortion; but the practice is extremely irrational and injurious, and should never be followed in lateral curvature. It invariably injures the general health, and by augmenting the debility of the muscles of the back, and whole constitution, increases the curvature, and sometimes induces additional complaints of a serious nature.—See my volume ON THE DISEASES OF FEMALES. Sir Astley Cooper relates the case of a lady who submitted to this vile practice for many months, and in the end rose without any favourable alteration in the state of the spine, but with a disease in the bladder, which afterwards spread to the womb, and proved fatal.—*Lancet*, vol. ii. p. 464, 1823-24. Mr. Abernethy also objected to a state of constant recumbency, and to lying down in any constrained attitude. He says, "I would by no means deprive the patient from taking that degree of active exercise which is conducive to health." Patients afflicted with the present complaints should have rest, but it should be only occasional rest, taken at any time in the day that they find a need of it, and not continued so long as to interfere with the necessary exercises, or to injure the general health. The best thing for the patient to repose

upon is a moderately hard hair mattress, which may be placed on an inclined plane, if preferred.¹

The food should be of a mild nutritive quality, consisting chiefly of broiled mutton or lamb chops, tender roast beef; fowl, venison, eggs, biscuit, tea, cocoa, or thin chocolate, the most digestible vegetables, and a little wine or malt liquor. The advice given on this subject under INDIGESTION, is applicable here. Salubrious country air is highly advisable.

The administration of cod-liver oil, steel, or vegetable bitters, will assist the foregoing means. The pills, No. 102, 103, 104A, pages 193-96 or No. 115, page 202, may be taken, or the mixture, No. 82 or 83. The bowels must be carefully regulated by diet and exercise. Whenever there is an appearance of scrophula or rickets in the constitution, cod-liver oil will be clearly indicated, and cold water sponging.

In illustration of the good effects of gymnastic exercises, in cases of distorted spine, arising from debility, I transcribe the following case from Captain Clias's observations thereon.

"Miss A. B., aged sixteen years, had been affected for several years with a distortion of the spine, from the right to the left side, with general weakness, particularly of the arms and chest; she was extremely pale and thin; her sleep much disturbed, and her appetite nearly gone; she had an obstinate cough; her voice was weak, and nearly inaudible. She had a continued pain in the left side, resulting from the pressure of stays, which she had worn for some months, with the expectation of re-establishing the straight position of her back. Her head reclined upon her chest; and what are called the false ribs of the left side, were bent one over the other, and forced inwards. In this condition the young lady was confided to my care, on the 22nd of October, by a physician who had seen and visited her

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1. Mr. Minter, 33, Gerrard Street, Soho, is very ingenious in the construction of chairs, couches, and spinal carriages, and all persons suffering from any spinal disease will consult their ease and relief, and probably aid in their own restoration, by inspecting his manufactory, and availing themselves of his valuable assistance in this way.

for some years. I may be allowed to say, that it was almost with repugnance that I engaged to employ my system of exercise in the case of a person who appeared to be nearly in a dying condition, but the entreaties of the relations, and the solicitations of the medical attendant, were so urgent, that I could not forbear making the trial. The table of exercises which I employed in this case, will give a just idea to those persons who interest themselves in this practice, how far I deserved the confidence reposed in me.

Table of Gymnastic Exercises resorted to in this case, by which the reader will perceive the slow but gradual manner in which, patients, in such cases, proceed from slight exercise to those which require greater strength and exertion.

"1. To make prolonged inspirations, sitting. 2. Prolonged inspirations, the patient standing, the arms fixed. 3. The same exercise, the arms hanging down. 4. The same, the arms extending horizontally. 5. The same, the arms fixed to a horizontal pole. 6. Deep inspiration, and counting a certain number without drawing the breath. 7. Movement of the feet on the ground, the patient sitting. 8. Deep inspiration, the patient lying on the left side, and leaning on the elbow. 9. In the same position to raise and to lower the body. 10. Walking slowly, and making deep inspirations. 11. Walking a little faster, and counting several steps without drawing breath. 12. Bending without rising, the weak hand fixed above. 13. Beating time with both hands fixed to the horizontal pole. 14-15. Beating time, bearing a weight in the weak hand. 16-17. Lifting up a Small box from the ground with both hands, and then with the weak hand. 18-19-20. To declaim without moving, and to sing without drawing breath. 21-22-23. Movements of balance simple, in front and on one side. 25-26-27-28. Develop other motions of the arms and to imitate the motion of sawing. 29-30. These exercises with the weak hand only. 31-32. To draw upon a spring with the weak hand only, and then with the arms, and body fixed. 33. Seated on the ground, to rise with the assistance of the arms, the feet fixed. 34. Lying down horizontally, to raise the body without the assistance of the arms. Other exertions of a similar kind, which it is not necessary to describe, follow these."

“On the 27th of November, the cough having entirely ceased, and the progress of the patient giving me reason to expect the happiest results, I began to employ friction during the exercise on the diseased parts. At this time, I also took with her the first promenade, the weak arm supported, and afterwards in a carriage. On the 12th of January, she was so much recovered, that she could without inconvenience resume her lessons in singing, playing and drawing, and walk several miles without fatigue. The cough and pain in the side had entirely ceased; she had an appearance of health, and her spirits were good. All the animal functions were perfectly restored.”

In the distortion forwards, arising from disease in the bones of the spine; or in the intervertebral substance, the most effectual means of cure, are perfect rest, and a large issue in the neighbourhood of the disease. The burning of moxa (*see it* page 96) on the affected part is sometimes likewise of great service in such cases. Disease is apt to occur near the *sacrum* and last *Lumbar Vertebra*, and pressure on that part causes pain. When this is the case, the patient must lie down constantly. Mr. Hilton, of Guy's Hospital, is a desirable person to consult in such cases.

Good stays are sometimes of use here, and I recommend Mrs. Rogers, 6, Trinity Square, Borough, to the notice of the sufferer. *Invisible* crutches are made by a Mrs. Strickland, of Bristol, which are said to be very useful. I have not myself tried them.

This kind of distortion forwards is very different in its nature and in the means required for its cure, from the lateral curvature. I have described its symptoms in my book on the DISEASES OF FEMALES, and have there detailed at length a remarkably interesting case, in which the patient had lost all power of motion in the lower limbs, his motions passing involuntarily and unconsciously, and which was nevertheless conducted to a successful issue. Sir Astley Cooper, and Mr. Mayo, gave the case up as hopeless.

STRANGURY OR RETENTION OF URINE

Strangury is an inability of properly expelling the urine contained

in the bladder, the efforts to do so being attended with pain, and the urine passing by drops, sometimes not at all.

In this complaint, the distended bladder generally forms a hard and circumscribed tumour in the front of the lower part of the belly, giving pain to the patient when pressed with the hand; and if it be not speedily relieved, usually excites some degree of fever. There is a great difference in different cases, with regard to the quantity of urine passed in this complaint. In some instances violent efforts to make water are excited at intervals, and, during the strainings, small quantities of urine are expelled, mostly in drops; in others, the patient may make water in a stream, for once, or twice, or more and discharge a quantity equal to that which is commonly discharged by a person in health, yet still pain and distension of the bladder continue, till the pain is relieved by the introduction of a proper instrument, called a *catheter*, by which the accumulated water is drawn off. It also now and then happens, that after a good deal of pain and suffering, when the bladder has suffered its utmost distension, the urine runs off or dribbles away by the natural channel, as fast as it is excreted by the kidneys, but without lessening the quantity originally distending the bladder; and this circumstance has caused a serious misapprehension, on the part of the uninformed, of the true nature of the case.

It arises from many different *causes*, the chief of which are, strictures in the urethra; enlargement of the prostate gland; inflammation of the bladder; stones, or other foreign bodies, in the urethra; inflammation of the urethra; a want of tone in the bladder, induced by retaining its contents too long.

It is necessary to *distinguish* RETENTION FROM SUPPRESSION OF urine. In the former complaint the urine is merely retained in the bladder from an inability to expel it by the natural efforts; in the latter, there is a partial or total defect in the secretion of this fluid by the kidneys.

TREATMENT—Every case of retention of urine demands prompt assistance, but where the disorder presents itself in its complete form, the mischief of delay is of the most serious nature; for if the bladder remains preternaturally distended, it not only loses its

contractile power, but is quickly attacked with inflammation and sloughing; the bladder at last bursts, the urine is extravasated in the surrouding parts, and death is the consequence. An able surgeon should be sent for instantly.

In general, the first step in the treatment of retention of urine should be an attempt to draw off the collected urine, by the introduction of a catheter into the bladder. Where the complaint depends on inflammation, blood-letting, the warm bath, and a warm purgative clyster, No. 8, page 146, must be resorted to before attempting the introduction of the instrument. A discharge of the urine through the natural passage is effected more frequently by the use of the catheter than any other means, but whether it be successfully used or not, the proper means of lessening existing irritation in the parts affected must be employed, such are warm fomentations, the warm bath, bleeding, mucilaginous drinks, and opium combined with calomel, followed by cooling medicines; for it must never be forgotten, that irritation of some kind or other is the common cause of the present malady, and the great object is to allay it by the above means and this practice will be necessary whether the catheter be used or not.

The retention of urine to which persons of advanced age are liable, is generally owing to an enlargement of the prostate gland, and here the use of the catheter is of great service. If symptoms of inflammation exist, the patient should be immediately placed in a warm bath, warm fomentations should be used, with the other means just described. A grain of calomel, united with an equal quantity of opium and James's powder, and made into a pill, may also be given every four or five hours, if the symptoms of irritation are severe. This pill is sometimes of eminent service in the present complaint, and may be given in every variety of it. It is, particularly indicated when great pain exists. Sir Astley Cooper says, that the catheter will always overcome the obstruction arising from an enlargement of the prostate, and that it is never necessary to puncture the bladder under such circumstances. He also cautions young surgeons from puncturing the bladder from the rectum in elderly persons, in consequence of this operation being frequently followed by troublesome consequences at an advanced age.

When the disease is produced by a stricture in the urethra, the means recommended under that head must first be tried, such as the application of leeches to the neighbouring part, the warm bath, bleeding from the arm, and an opiate clyster, as No. 9, page 147. *Graves's mixture*, No. 87B, page 177, is also proper; and when there is much spasmodic action. present, Mr. Cline has recommended twenty drops of the muriated tincture of iron to be given in water every ten minutes. If these means fail to afford relief, the exhibition of a tobacco clyster may be resorted to, but only under the directions of a professional man. Sometimes, in this case, a fine bougie will admit of being passed into the bladder when a catheter will not, and ten being withdrawn, the urine follows, and is discharged; and an attempt should, therefore, be made accordingly. —See STRICTURE.

Retention of urine from inflammation of the bladder is known by its sudden attack; the frequent desire to make water; the acute pain in the region of the bladder,—pain, which is increased by the efforts to make water, and which shoot up to the loins and along the urinary canal to the end of the glands; the frequency and hardness of the pulse; the aggravation of pain when pressure is made on the region of the bladder; and by the red inflammatory colour of the urine. When the complaint arises from inflammation of the urinary canal (called urethra), the symptoms are those of inflammation in general, as just described, but affecting more particularly the parts in the course of that canal; the private parts are swollen and tender; there is a scalding sensation in the passage; and when the patient makes a little water, he experiences a great deal of smarting, which is sometimes insupportable. In this case, give directly *Graves's mixture*, No. 87B, page 187. If that does not succeed, then let the patient be bled, have the warm bath, and calomel and opium, etc. (as one grain of calomel, two of James's powder, and half a grain of opium), every third hour. I recommend also a tea-cupful of strong decoction of linseed to be drunk thrice a day. When inflammation of the bladder gives rise to this disorder, the catheter should be directly introduced, so as to free that organ from the irritation which the pressure of the urine must occasion; but when the strangury is the consequence of inflammation in the urinary canal, (or urethra), the employment of the catheter must be

delayed until this inflammatory state has been reduced by the use of the foregoing measures, since the passing of instruments in this diseased condition of the canal cannot fail to increase irritation.

When strangury is the effect of want of tone in the bladder, as an accompaniment of old age, or induced by retaining its contents, too long, it will be necessary to introduce the catheter directly, and to repeat it twice or thrice a day, until the organ recovers itself, which it usually does in a short time, without further assistance. The tincture of cantharides, in doses of twenty or thirty drops in water, twice or thrice a day, is an excellent remedy in this case. As soon as this medicine occasions smarting in making water, it must be laid aside. Richter, an able German surgeon, states that in some cases of retention from paralysis of the bladder (that is, loss of tone), almost immediate and very considerable relief was obtained by pouring cold water from the spout of a pitcher, in a stream descending several yards, upon the front and lower part of the belly—this appears to me to be a valuable remedy.

If the complaint arise from the free use of blisters, or other sources of simple irritation, the patient should drink very freely of warm dilating fluids, as barley-water (No. 20, page 151), or linseed tea, and a clyster of starch and opium, as No. 9, page 147, should be injected into, the rectum, and repeated occasionally, if necessary. Fomentations to the region of the bladder are also proper.

When all the foregoing means fail of relieving the bladder from the accumulation of urine, that organ must, of course, be punctured.

STITCH OR PAIN IN THE SIDE

Stitch or pain in the side, is generally symptomatic of some disorder in the lungs or digestive organs, when it is to be removed by the means usually employed to restore those viscera to a healthy state; but sometimes it is not clearly connected with any primary affection of those parts, and arises from neglect of exercise.—See NEURALGIA. Sometimes this pain is owing to an affection of the womb, and I have treated of this full in my book on the DISEASES OF WOMEN. When women suffer much from *whites*, bearing down, and severe

pain in the side, especially if it be the left side, they may expect prolapsus of the womb.

When it does not occur as symptomatic of a disorder in the lungs or stomach, it is usually occasioned by chronic inflammation of the pleura, that is, the membranæ lining the cavity of the chest; by habitually forcing the chest, in writing, against the hard edge of a desk, or by the use of tight stays. If the patient has reason to consider it to be owing to either of the last two causes, he may generally regard it as depending on this inflamed state of the pleura, especially if the pain is increased on pressure, and on taking a deep inspiration. In such a case, one of the best plans of treatment consists in giving a pill composed of a quarter of a grain of calomel, with a grain of James's powder and a grain of Dover's powder, every night, with one of the pills, No. 104, page 197, twice a day; the bowels being, at the same time, properly regulated, and a blister applied to the chest or between the shoulders. Sometimes, the application of a few leeches may be advisable, but I would recommend the preceding remedies to be fairly tried first. If the patient is of a very full habit, ten or twelve ounces of blood may be taken from the arm, and leeches be afterwards applied to the chest, should the preceding means have failed to cure. Exercise is of great consequence in these cases : it should be taken daily and freely. But let the patient read attentively the observations at the end of this volume, in the *Appendix on Cold Water*.

Should close application to writing or the use of tight stays, have given rise to this pain, it will of course be absolutely necessary that these causes are avoided in future. Without this, no great or permanent benefit can be gained from the prescriptions of the physician, but with it, the use of the means just noticed will seldom fail to remove the complaint.

When pain in the side is associated with a deranged state of the stomach and general health, and there is a good deal of general languor and debility, the above pill of calomel and opium, at night, will, for the most part, be found very useful, with which some mild tonic medicine ought to be given during the day, such as the pill, No. 102 or 103 or the mixture, No. 74C or 82, 83 or 84. The

bowels must be kept free from confinement, by diet and regular solicitation; and exercise, thrice a day, is important. The powder or compound decoction of sarsaparilla is a very useful medicine in this complaint. And if the pain resists the action of the preceding means, the veratria ointment may be tried.

STRICTURE

The word stricture, in medical language, is intended to signify a contraction of some canal in the body, by which a part of the canal becomes narrower than the rest. Strictures most frequently occur in the *urethra* of men, and in the *rectum* : and I shall notice each of these maladies separately. This is a disorder never requiring any active treatment, but rather the exercise of *tact*, and mild appropriate measures.

Stricture in the Urethra¹

This disease is so common, and often so alarming, as to demand the first and chief notice under the present head. There is no part of the urethra which may not be narrowed by a stricture; but the most common seats of this contraction appear to be about six inches and a half, and four inches, or four and a half, from the external orifice. It may occupy only a very small extent of the passage, being such a constriction as would arise from the application of a piece of packthread round it, or it may extend to a considerable distance.

The *first symptoms* of which a patient affected with this disease most frequently complains, are an inability to retain his water so long as usual; an obscure uneasiness about the seat; and an alteration in the stream of urine, which, instead of being full and equal, is smaller than usual, and is forked, spiral, or scattered. The first symptom, just noticed, compels the patient to rise once or twice in the night, to void his urine, and he also generally finds that a greater force is necessary to its complete expulsion than he has been in the habit of exerting, in consequence of the resistance made to the free

1. The canal leading into the bladder.

passage of the water by the stricture. Nocturnal emissions are a common symptom of this complaint; and sometimes there is a mucous discharge from the urethra, which is seen adhering to the bottom of the receiving vessels. When the disease is of a very aggravated nature, the urine will often become quite white, and be mixed with matter (pus), or blood, there will be great difficulty and pain in voiding the urine, and likewise much general debility.

The *immediate cause* of stricture is a slow inflammation in the part affected, which occasions a thickening of the canal, and a deposition of adhesive matter around that thickening, so as to produce a diminution of the diameter of the canal; and I conceive, that whatever gives rise to considerable irritation in the urethra, may prove a cause of stricture there. Hence the disease very frequently follows gonorrhoea; or it may be induced by drinking or riding hard, and by direct injury of the parts. When a patient, labouring under gonorrhoea, is so imprudent as to indulge in hard riding, and free drinking, he exposes himself to the most powerful causes of the present malady, and such as rarely fail to produce it in its worst forms.

Sometimes, however, it is merely a spasmodic affection. Deranged health produces spasm of various degrees of intensity, in many structures, indeed, it may induce it in any structure; and we cannot be surprised that spasm is frequently induced in the urethra by disorder of the general system. This is a case which of course yields more readily to medical treatment than the fixed stricture, and a curious example is referred to at page 128.

TREATMENT—When a surgeon suspects the existence of urethral stricture in any patient, the first thing he does is to pass a full sized bougie¹ down the canal, in order to ascertain whether his conjecture be well founded or not. For it is clear that if there be any contraction in the tube, the bougie will stop when it arrives at the part in which it is situated, and thus place the reality of the complaint beyond all doubt; but if there be no contraction, the instrument will slide

1. A bougie is a long smooth flexible instrument, usually made of linen or lint rolled into a proper shape, and then dipped into a mixture of wax and lard, etc.

completely into the bladder. When the patient is able to procure the assistance of an able medical practitioner, he should immediately avail himself of it, and implicitly adhere to the instructions given; but, unhappily, ignorance and inattention are much more common than their opposites, and it is an indisputable fact, that a vast number of persons afflicted with the present complaint, find it a difficult matter to obtain judicious and efficient aid, and even some who enjoy ample pecuniary means attain to it only after a long and damaging search.

The dilatation of the strictured parts is to be accomplished chiefly by a frequent use of the bougie, or by Holt's dilator; and it is to a skilful use of these instruments that the most able surgeons of the present day trust for the cure of the disease. A small-sized bougie must be introduced through the stricture once a day, or once in two days, and allowed to remain at first for five or ten minutes, the time being afterwards gradually lengthened to half an hour, or an hour, or longer. If possible, no pain should be produced in passing the instrument and the moment any particular uneasiness is felt from its presence, it should be withdrawn. In the beginning, one of the smallest size bougies will in general be necessary, in order to succeed in passing the stricture; and in increasing the size, we must be regulated by the facility with which the stricture becomes dilated, and the ease with which the patient bears the dilatation. If the size of this instrument can be gradually augmented, it should satisfy us, and this advantage ought to be followed up till a bougie of a large size can pass freely.

Bougies are of various kinds, but those made of wax or silver are the best. The common wax bougie appears to me decidedly the best for all ordinary occasions. When the stricture is particularly small, it is sometimes necessary to employ a catgut bougie, in the first instance. Sir Astley Cooper generally used a conical silver bougie.

The great art in using this instrument well, consists in passing it down the canal with as much gentleness, and, therefore, so as to occasion as little irritation as possible. It should be introduced slowly and when it arrives at the stricture, *allowed to rest there for*

*a few seconds; then the operator must press it forward very gently, and if it be still obstructed in its passage; a longer rest ought to be observed, and thus by humouring the part, the bougie will often at length pass, when a less gentle mode of proceeding would entirely fail in carrying it into the bladder. A late eminent surgeon in London, (Abernethy), remarkable for his eccentricity, and, I am happy to add, no less so for his mild and soothing plan of treating all diseases, remarked to me, that not one surgeon in a thousand should pass a bougie for him. He conceived the usual mode of its introduction to be much too irritating. Wax bougies should always be warmed a little, curved and smeared with olive oil, before being used. Mr. Liston said that the passing a catheter is one of the most difficult operations in surgery. He had the greatest possible objection to cutting instruments and caustics in the treatment of stricture, and with the best reason; and I earnestly warn every sufferer against consulting those advertising unprincipled fellows who are always found in London, and other large cities. Only such respectable surgeons as Mr. Henry Smith or Mr. Holt, surgeon to the Westminster Hospital, should be consulted. And let me here say, that there is no such disease as *Spermatorrhoea*. People are frightened only with the view of being eased of their money.*

At the same time that we use the bougie, great attention ought to be paid to improve the state of the general health. The bowels should be carefully regulated by diet and mild medicine, as No. 74D, page 178, every morning; the condition of the stomach be improved by the use of alkalies, bitter, or steel, as the circumstances of the case point out. Sarsaparilla is often a very good medicine here, especially if taken with one of the pills, No. 98A, page 192, every night.

As a local means of relief, I would strongly recommend the iodide of potassium, or of cadmium. A drachm of this salt mixed with an ounce and a half of hog's lard, forms an ointment, of which the size of a nut may be rubbed along the course of the urethra once or twice a day, for a fortnight, with great advantage. This preparation has unquestionably a remarkable power in promoting absorption, and I know from experience, that it will often succeed

effectually in allaying irritation in this canal, so as to render the introduction of a bougie easy, which before its use was impossible. It is worthy the attention of all medical practitioners, more especially in the severer forms of this malady.

Some time since it was much the fashion to use bougies armed with caustic, with the view of gradually destroying the stricture; the injuries committed by it were incalculable in number, and almost inconceivable in severity. It is a vile and dangerous practice, which no considerate surgeon will now ever resort to, except in cases of extremity, and then very seldom. Sir Astley Cooper's opinion is that it ought never to be employed, unless the stricture be accompanied with fistula in *perinoeo*, and that fistula behind the stricture. Mr. Wakley, surgeon to the Free Hospital, recommends silver tubes in the treatment of stricture, as a vast improvement on the old method. Mr. Skey, of Lower Grosvenor Street, is worthy of confidence in the treatment of stricture; and so is Mr. Henry Smith, of Caroline Street, Bedford Square, whose cautious and mild treatment I greatly admire. Mr. Holt, of the Westminster Hospital, is also very skilful in his excellent method of treatment by direct dilatation.

The preceding remarks refer to cases of established or *permanent* stricture, but sometimes a patient is suddenly seized with a difficulty or impossibility of making water, although a few hours before he may have passed it in a full stream, and with great ease—this is called *spasmodic* stricture. To relieve this sudden or spasmodic stricture, let the ointment of iodide of potassium, or of cadmium, above described, be rubbed freely along the surface of the canal, the patient taking, at the same time, fifteen or twenty drops of muriated tincture of iron, in water, every half hour, or hour, till relief is obtained. Lime-water is also occasionally of much service; and the warm bath is proper. Whatever medicine is taken, it is generally advisable to endeavour to introduce a bougie or catheter into the bladder; but it must be done very slowly, and with as much gentleness as possible. The point of the bougie may be smeared with extract of belladonna. In general, I think it far better to use the iodine ointment, and the muriated tincture of iron, before

attempting to pass the catheter. At page 128 (as before noticed) the reader will find the relation of a case of spasmodic stricture cured by quinine.

In concluding this article, I would earnestly recommend the strictured patient ever to bear in mind this truth—THE RELIEF OF IRRITATION IS THE GREAT OBJECT OF MEDICINE. Throughout this volume I have endeavoured to impress the minds of my readers with the value and importance of this axiom, because in all cases of severe protracted disease, an adherence to it will be found of immediate and lasting benefit, and in no-complaint is it capable of conferring greater advantages than in that now under consideration. In stricture, indeed, it is worthy of particular attention, since both patient and surgeon are too often eager to effect a great change in a short time, and evince such impatience when obstacles occur to its accomplishment, as very frequently leads to the aggravation of the malady. If the means made use of are mild, soothing, and appropriate, as those noticed above, no strictured patient need fear any evil consequences from his complaint, but let him bear in mind that he has everything to dread from harsh and violent measures.

Stricture in the Rectum¹

This is a disease of precisely the same nature as that last treated of, differing in general only in its seat, which, instead of being the urethral tube, is the last intestine. It is of frequent occurrence, and often exists a long time without being discovered.²

Its chief *symptoms* are habitual costiveness; considerable irritation about the anus, the patient being generally troubled with piles, uneasiness on going to stool, discharge of blood, and

1. The rectum is the last intestine.

2. Talma, the well-known French tragic actor, died from the effects of an undiscovered stricture in the rectum. He had experienced for some years before his death, a difficulty in evacuating the bowels; and would frequently go in great haste to the water closet, thinking there was a copious motion to come away, and yet when the attempt was made, nothing but air, or a minute quantity of liquid faeces, would escape. The body was examined after death, and, from the appearances that presented themselves, it seems probable, that a timely use of the bougie would have saved his life.

prolapsus ani; flatulence; frequent pain in the *sacrum*, sometimes extending down the thigh, in the course of the large nerves. Very frequently there is a great deal of difficulty in passing the motions, which are of small size and figured.

Whatever produces great disorder or weakness in the bowels may prove a cause of strictured rectum.

TREATMENT—This disease is generally to be cured by passing very carefully a rectum bougie through the stricture daily, or once in two or three days, which must remain at first for ten or twenty minutes, the time being afterwards increased to two, three, or four hours, or longer. The directions given under stricture of the urethra respecting the use of bougies are strictly applicable here, excepting that the size of the instrument must of course be larger. A rectum bougie of a small size must be gently passed first, and the size gradually augmented. Surgeons in general do not observe so much care and gentleness in the introduction of rectum bougies as they ought. It should not cause pain. The common rectum bougies I decidedly object to, on account of their irritating quality, and advise them never to be employed. The best sort are made by rolling a long piece of lint very carefully and closely together, which after it is stitched neatly up on one side, and tied with a piece of string at one end, must be dipped twice in a mixture of lard and yellow wax melted together :—the proportions should be one part of wax to two of lard. Very good rectum bougies, and at a reasonable price, may be procured from Watts, Chemist, 68, Strand, and from all the best instrument makers. During the employment of the bougie, the bowels should be kept very gently open by an occasional use of a little castor oil or decoction of aloes, or the pill, No. 100, or 101, pages 193-94.

Most persons afflicted with this malady are distressed by frequent fits of severe nervous agitation and irritability, which are found to come on whenever the bowels are more disordered than ordinary. Such patients, if properly treated when the stricture is discovered, always gain much relief, and are often restored to a state of good health, and comfortable feeling, to which they might have been perfect strangers for years. I am superintending a case

of this description at the time (1830) this sheet is going through the press. I would, however, caution my readers against the practices of some people who think, or affect to think, almost every one has a strictured rectum, an interested conceit, which they fail not to turn to their own profit,—at least, if that money can be considered profitable which is ill-gotten. Mr. Henry Smith, surgeon to King's College Hospital, is worthy of all confidence.

STYE

The sty is strictly only a little boil, which projects from the edge of the eyelid. It is of a dark red colour, much inflamed, and occasionally a great deal more painful than might be expected, considering its small size. It usually disappears of itself, after a little time, especially if some purgative medicine be taken. If, however, it should be very painful and inflamed, a small warm poultice of linseed meal, or bread and milk, must be laid over it, and renewed every five or six hours, and the bowels be freely acted upon by a purgative draught, as No. 74, page 176 or No. 28, page 156. When the sty appears ripe, an opening should be made into it with the point of a lancet, or large needle, and afterwards a little of the ointment, No. 88, page 188, may be smeared over it once or twice a day. Those who are much troubled with this complaint should attend to the directions at page 345-49.

SUN-STROKE

Blood-letting should never be resorted to in sun-stroke, unless the patient is of a full habit, and has not been previously exhausted by fatigue. Soldiers and sailors are most exposed to it, and the best remedies are quiet, cool air, dashing cold water on the head and face, and the use of tonics, particularly quinine and wine, and drinking cold wine and water.

SUPPRESSION OF THE MENSES

I have already treated of chlorosis or *retention* of the menses, which

is the complaint of young girls, in whom this discharge has never properly appeared; and have now to advert to a *suppression* of the menses, which signifies an interruption to the discharge, occurring at any time of life after it has become habitual. It may, therefore, occur in women of any age, previous to forty-five or fifty.

Of course, the chief symptom is the disappearance of the usual monthly discharge, with which various strange and unusual feelings are associated, and varying in different individuals, such are, a feverish heat and dryness of the skin, flushing of the face, head-ache, pains in the loins and back, costiveness, difficulty of breathing, palpitation of the heart and sometimes bleeding from the nose, stomach or lungs.

The most frequent *causes* of this suppression are, great anxiety of mind; suddenly suppressed perspiration from cold, especially if occurring while the discharge was flowing; sudden alarm or terror; protracted fever; scanty and poor living; or some very considerable disorder in the constitution.

TREATMENT—It demands especial attention that there are two states of the system in which *suppression* may be found, viz. *the first* where there is a morbid fulness, with a quick tense, or full pulse, severe head-ache, and perhaps flushings of the face; *the second*, where debility evidently exists, the pulse being feeble.

In the first case, it will be advisable for the patient to have the bowels fully relieved by the mixture, No. 73, page 176, and for the first days of treatment to observe a vegetable diet. Let a dose of No. 73 be taken every morning for a week. After this, take a drachm of madder thrice a day, and if this is taken near the period at which the menses should appear, the more likely it is to be successful. If the madder fails, the tincture of cantharides may be tried, in doses of thirty-five or forty drops, thrice a day in water. This is a more effectual remedy than the madder, but not generally so much so as the volatile tincture of guaiacum, or the guaiacum mixture, No. 72C, page 175. A tea-spoonful of the tincture may be taken every morning, noon and evening, in a wine-glassful of milk or water. A tumbler full of cold water should be drank after each dose. The tincture of guaiacum is a strong stimulant and will, therefore, require

particular attention to the preparatory treatment above advised, in respect to purgatives, low diet, etc. in those females who are of full habit, with an irritable pulse. Indeed, in such cases, the guaiacum mixture, No. 72C, page 175, is a more suitable remedy than the tincture.

In the second case, the pills prescribed at page 623-24 are the best remedy; with which we must combine a very nutritious diet. In all cases, daily friction over the loins and lower part of the abdomen will be necessary, and the bowels must be kept in a lax state. If the above pills are not sufficient to act on the bowels, take five or six grains of the compound powder of aloes, in a pill, every other night. The warm bath, at ninety-six degrees, should also be used thrice a week. Daily gentle exercise, on foot and on horseback alternately, is invariably of consequence.

Beside the foregoing remedies, the application of electricity may be tried in obstinate cases. The electric fluid passed through the pelvis, is sometimes very effectual in restoring the discharge;¹ and so is the iron mixture, No. 84A.

If the suspension should have suddenly occurred during the flow of the menses, blood-letting will be absolutely necessary. The present complaint is fully treated of in my TREATISE ON THE DISEASES OF FEMALES.

TENESMUS OR STRAINING

Tenesmus is a painful and frequent desire to go to stool, attended with straining, and a discharge of little else than mucus, in small quantities. Sometimes it is intolerably severe, and accompanied with a protrusion of the gut and the mucous discharge is tinged with blood.

This complaint is generally a symptom of dysentery or bloody flux, but is now and then met with as an original affection, when it usually arises from an injudicious use of acrid purgatives, especially

1. *Twinberrow's female syringe* is an excellent instrument for injecting mild liquids.

of aloes, from the passage of acrid humours, local exposure to cold or severe costiveness.

In general, the best means of relief are, to take five grains of the compound powder of ipecacuanha, twice or thrice a day or as occasion requires, and to throw into the rectum the opiate injection, No. 9, page 147, or a pill, composed of a grain or more, of blue pill, a grain of extract of henbane and three grains, or more, of compound ipecacuanha powder, will be found sometimes still more serviceable. Take also, every morning and evening, a tea-cupfull of compound decoction of linseed. If, however, the complaint originates in a confined state of the bowels, they must be first cleared by the use of a mild purgative clyster, as No. 8, or by taking some aperient medicine as No. 74, page 176; or No. 74C; and after they have operated, the above means should be had recourse to. When the straining is very severe, and has induced a degree of inflammation in the parts, a few leeches may also be applied in the neighbourhood of the anus and the parts afterwards washed with the lotion, No. 69 or 72, or with cold salt and water.

When the gut is protruded, it must be carefully replaced directly, by the patient gently pressing it upwards with his two fore-fingers, bathing with cold water being previously resorted to, if necessary, and followed by the use of cold water.

TETANUS

Tetanus is a violent and extensive contraction of the muscles, attended with tension and rigidity of the parts affected. The excessive contraction of the muscles is kept up, without any intervals of complete relaxation, mostly without any relaxation whatever; but the powers of sensation and intellect are unimpaired.

Either the whole, or a part, of the body may be attacked with this malady. Sometimes only the flexor muscles are affected, when the body is rigidly bent forwards; sometimes only the extensor muscles, when it is as rigidly bent backwards; at other times both sets of muscles are involved, and the body is rigidly erect. When its effects are confined to the muscles of the jaw or throat, it is called lock jaw.

This disease differs greatly, in different cases, in the intensity of its *symptoms*, and in the mode in which it makes its attack. Generally speaking, the commencement of the disorder is announced by a sensation of stiffness about the neck, which increasing, the motion of the head becomes painful and there is a difficulty and pain in swallowing; there is also a severe pain at the bottom of the breast-bone, darting backwards to the spine; the spasms of all the muscles of the neck become exceedingly violent, and together with the spasm at the pit of the stomach, recur every ten, fifteen or twenty minutes ; at the same time that the spasms increase, the retraction and rigidity of the muscles affected become stronger, the belly feels as hard and tense as a board, and the body is drawn forward, backward or to one side, according to the muscles chiefly affected. The muscular contractions are always accompanied with the most excruciating pain and when the disease arrives at its height, a violent convulsion usually puts an end to the patient's misery.

The most *common causes* are, scratches, punctures, lacerations, or other mechanical injuries. Considerable irritation in the digestive organs seems also sometimes to give rise to this disease. It is much more frequent in warm than in temperate climates and especially in the hot seasons of those climates and in marshy situations. The male sex more frequently suffer than the female; and the robust and vigorous more frequently than the weak.

TREATMENT—Tetanus is a dangerous malady and medical men are not yet agreed respecting the most effectual remedies for it. It is clear, however, that a principal point is to remove all sources of irritation: and the exhibition of tobacco, calomel, and opium,—opium, camphor, and nitre,—opium and ipecacuanha, as in Dover's powder,—and mild purgatives of calomel, jalap, and rhubarb, seem to have been the most useful means, when used in conjunction with the warm or cold bath, as the circumstances of the case pointed out.

A proper plan in most cases is, to give two grains of opium, and a grain of calomel, made into a bill with a little mucilage of gum arabic, every three or four hours, with a mild purgative, as

castor oil, or No. 120, page 205, or No. 74, page 176, every morning, or every other morning, allowing a generous diet, with a few glasses of good wine daily. In addition to these means, the cold bath is generally safe when the disease occurs in a hot climate, and is sometimes of great service, especially when it arises from other causes than a wound. It has not appeared applicable to tetanus arising from wounds, and in all cases is most proper when the heat of the body is not below the natural standard. It may be repeated, if necessary, every three or four hours. The cold bath has been strongly recommended in this disease by many physicians, and appears to be preferred at the present time throughout the West Indies.

Recent investigations authorize the opinion, that of all things hitherto tried for the cure of this formidable malady, an injection into the rectum of an infusion of tobacco is the most successful; but then it must be carefully and skilfully done by means of O'Beirne's Clyster Machine (*see* pages 493-94). It is to Dr. O'Beirne, of Dublin, we are indebted for this discovery.

The French surgeon-general, Larrey, states, that he found a combination of extract of opium, camphor, nitre and almond emulsion, the most useful medicine in this disease; and it may, therefore, be taken, if preferred, instead of the calomel and opium, recommended above. A grain of extract of opium, ten grains of camphor, and five grains of nitre, may be mixed in a mortar, with an ounce and a half of almond emulsion (page 166), and given four or five times a day. The compound powder of ipecacuanha (Dover's powder) is also said to have been useful. It is, no doubt, a valuable medicine, in allaying general irritation, and may be taken in this complaint in doses of ten grains, every three or four hours. Instead of the calomel and opium above advised, some practitioners recommend large doses of opium alone, for example, five or ten grains of this substance in its crude state, every three or four hours, and this practice appears to have been attended with success; but in general I should place much greater dependence upon free doses of Dover's powder, in conjunction with a small proportion of calomel, or moderate doses of calomel combined with opium.

If the patient be of full habit, especially if he has a wound

which is inflamed, swelled and painful, twelve or fourteen ounces of blood may be advantageously taken from the arm.¹

When tetanus occurs in a debilitated subject, the tonic plan of treatment recommended by Dr. Rush, of America, should be employed and ether, carbonate of ammonia, in doses of ten grains, bark, and a liberal quantity of wine, may be taken. The sulphate of quinine may probably be useful in such instances.

But frequently the patient is unable to swallow and then the medicines used must be injected into the rectum.

If tetanus originates from a puncture or any other kind of wound, it is advisable to soothe the irritation existing in it by the use of mild anodyne applications, and, perhaps, there is nothing superior, if equal to a watery solution of opium. A sufficient quantity of solid opium to cover the wound should be liquefied with a little water, and laid over the surface with a feather or camel's hair pencil. This is the application made use of by Sir Astley Cooper. In some cases, lunar caustic might be useful.

The treatment proper for *locked-jaw* is the same as above described, and mild aperients, with Dover's powder, or calomel and opium, with a generous diet, and the cold bath, will be found the best remedies. The locked-jaw of infants and very young children almost invariably arises from irritation in the stomach

1. I cannot avoid taking this opportunity of making public my experience of the powerful influence of cupping along *the spine*, in relieving the spasmodic rigidity of the muscles in tetanus, in conjunction with the exhibition of cathartic glysters, as long as the pain remains fixed; and purgatives combined with opium, on the first moment that any relaxation of the spasm permits their introduction into the stomach. I have had an opportunity of witnessing the successful effects of this plan of treatment in two cases; one of which was a case of *traumatic tetanus*. Blood was drawn from the cervical (neck) portion only of the spine, but dry cupping was employed throughout the whole length of the spine three times a day. The patient informed me that each time the cups were applied, the acute pain under the apex of the sternum was always relieved, and did not return for sometime afterwards." Dr. A. Thomson's *Elements of Materia Medica*, vol. ii, p. 372. The cupping along the spine is a means I very much approve in this disease: even dry cupping is a valuable remedy, and it is easily performed. Cases showing its efficacy in painful affections, together with the mode of its application, may be seen in my publication *on the Diseases of Women*.

and bowels, and is most successfully treated by the frequent exhibition of mild aperients, as castor oil, or No. 120, page 205, with an occasional purgative clyster, as No. 8, page 146. A mixture of small doses of camphor, ipecacuanha wine, and the almond emulsion, may also be given. Some physicians advise opium to be given, but this medicine so generally and so greatly disagrees with infants, that if ever I employed it, it would be in combination with ipecacuanba, as in Dover's powder a grain or two of which might be administered to a very young child, every three hours, in extreme cases.

THRUSH

This is the term employed (technically termed *Aphthae*) to denote those numerous white specks or vesicles that sometimes appear on the tongue and palate, and gradually diffuse themselves over the inside of the mouth. They are apt to fall off and re-appear alternately in successive crops, when we find the cuticle or scarf skin abraded underneath, and the parts excessively sore and smarting.

It is chiefly a disease of *infancy*, and owing to the large size of this volume, I am obliged to refer the reader to my volume ON INFANCY AND CHILDHOOD, for a full account of this complaint. Being symptomatic of constitutional disorder, and especially of a very irritable condition of the alimentary canal, the *treatment* must be directed rather to the disease that is at the foundation, than to the thrush in the mouth and throat. Therefore, give six grains of *Gregory's powder*, No. 121A, page 205, twice a day. But local applications are often useful in imparting temporary relief, and for this purpose nothing probably can be found more efficacious, than a gargle composed of three drachms of borate of soda, six ounces of water, and one ounce of tincture of myrrh. These are to be mixed together, and frequent sips taken and held in the mouth for four or five minutes, and afterwards discharged. Sipping a little raspberry vinegar is useful.

TIC DOULOUREUX

This is a dreadfully painful affection of the nerves of the face; at least, it occurs most frequently in the face, although other parts of the body are now and then attacked with it.

The pain experienced by those afflicted with this malady is of the most acute, distressing, and indescribable kind; it is not continual, but occurs in violent paroxysms, which often make their attack like the sudden and painful shocks of electricity, and vary in duration in different instances.

When tic douloureux occurs in the face, its most common seats are the forehead and temple, or the fore part of the cheek. In the former case, the agonizing pain darts into the inner angle and ball of the eye, and in its progress affects the whole side of the head; in the latter, it strikes towards the mouth and angles of the nose, then backwards to the ear, and sometimes spreads upward to the forehead.

Its *causes* are sometimes involved in obscurity; but frequently they are sufficiently clear, and are found to consist in great derangement of the digestive organs and general health. I am persuaded this derangement is by far the most frequent cause of tic douloureux; no man will deny that it is equal to the effect, and the evidences of its existence are very often, perhaps generally, equally apparent.

The disease is *distinguished* from rheumatism and tooth ache, by the agonizing violence of the pain, the shortness of its duration, and the absence of all swelling or inflammation; it is also sometimes excited by the slightest touch.

TREATMENT—As I believe the majority of cases of tic douloureux to originate in severe disorder of the general health, that state of general derangement of the system, in which nervousness and bloodlessness are prominent symptoms, I have no doubt that the best and most successful plan of treatment consists in correcting that derangement, and invigorating the general habit, by the administration of suitable aperients, alteratives, and tonics, combined with the topical use of aconitine, change of air and scene,

and a correct diet and regimen. From the accounts which have been published of cases of the disease successfully treated, it clearly appears, that a very considerable majority of them were cured by the preceding means alone.

Aconitine mixed with simple cerate, and applied to the seat of pain, is probably one of the most efficacious remedies known. It has perfectly succeeded after almost every other means had been tried in vain. One grain of aconitine (procured from *Morson's, Southampton Row*), should be well mixed with one drachm of simple cerate, and a small portion of this is to be smeared over the track of the painful nerve, once or twice a day, for six days. This cured Mr. Spry, a surgeon, of Charter House Square, who had suffered greatly from tic douloureux in the face, for eight years.—*Watson's Practice of Physic*, vol. i. p. 695.

Costiveness, or an irregular and disordered condition of the bowels, with furred tongue, and other symptoms of abdominal derangement, have very generally prevailed in cases of this disease, which I have seen or heard of; and I would recommend particular attention being paid to the regulation of the bowels, by means of attention to diet, and the occasional use of mild aperients, and to the restoration of healthy secretions from all the digestive viscera, by having recourse to mercurial and other alteratives, in conjunction with tonics, daily active exercise, etc. The patient should take the aperient pill No. 100 or 101, pages 193-94, at first every other night, or the powder, No. 130A, page 209, every other morning, with the pill No. 98A, on the alternate night, and two grains of sulphate of quinine, and quarter of a grain of ipecacuanha powder, made into a pill with extract of gentian, three times a day. On this plan, the dose of sulphate of quinine may be gradually increased to three grains, or more, thrice a day, if it be found to agree. Together with the preceding remedies, a warm bath at ninetyfive degrees may be advantageously taken thrice a week, and the painful part freely rubbed occasionally with the embrocation, No. 46, page 163. In some cases, the *cold water system* is of great efficacy. In most instances, a perpetual blister, or an issue, between the shoulders, or a seton in the nape of the neck, will be found a valuable auxiliary;

and if the stools are much discoloured, I would advise the pill, No. 98A or 127, to be taken every night.

The carbonate of iron has been strongly recommended as a tonic in this complaint, and if the sulphate of quinine fail to afford the patient satisfactory relief, it may be changed for the iron, eight or ten grains of which may be taken thrice a day, and gradually increased to one, two, or even three scruples at a dose. It will sit better on the stomach when two or three grains of aromatic powder are taken with each quantity; and, if it confine the bowels, a very small proportion of powdered aloes should also be added. The mixture, No. 74C, is likewise worthy of confidence.

The arsenical solution appears to have been useful in some cases, and may be tried under medical superintendence. It certainly has sometimes a considerable power of allaying internal irritation. (The mode of taking it is described at page 12). The extract of belladonna is also another article which has occasionally succeeded, but it must not be taken except under medical supervision.

But I am desirous of impressing the sufferer with the necessity of constant attention to a correct diet, abundant exercise, and to the regulation of the bowels, whatever medicine be resorted to. Whether, therefore, he takes the carbonate of iron, sulphate of quinine, etc., he should resort to active daily exercise in the country, on foot, or horseback; he should retire and rise early; should, if practicable, change the air and scene, and regulate his diet and regimen by the principles laid down under INDIGESTION, and at pages 345-49. The more I see of the nature and treatment of tic douloureux, the more entirely am I convinced of the absolute necessity of attention to these means, in order to obtain much permanent relief in the majority of cases. Every medical man of observation, who has seen this disease frequently, must acknowledge, that instances continually occur in which steel, quinine, kreosote, and arsenic, fail of any curative, or even satisfactory effect, if the patient trusts to either of them alone. Pure air, a great deal of active exercise, and rather a spare diet of nutritious food of easy digestion, are essential to a cure in the majority of cases.

The operation of dividing the trunk of the affected nerve is

sometimes resorted to, and if the complaint originate in local causes, as from some source of irritation fixed in or near the affected part, and directly irritating the nerve, may frequently be effectual, and the best mode of treatment. But if it arise from deteriorated blood, and derangement of the digestive functions, the operation will generally fall short of affording much relief, and the little advantage gained will not be permanent; sometimes, under such circumstances, it fails altogether.

Some professional men have advised the liberal use of mercury, but I warn the patient against the practice; it usually augments the general irritability without influencing the pain.

TOOTH-ACHE

Tooth-ache proves sometimes a very troublesome and distressing malady, from its attacking the sufferer frequently, and proving uncommonly severe and obstinate in its character. In this case, I have found it almost constantly to arise from constitutional causes, and chiefly from an impaired state of the blood and digestive functions, accompanied with costiveness. This is the most frequent cause of a caries or decay in, the substance of the teeth, although not the only one, since we sometimes meet with carious teeth in robust persons, enjoying apparently high health. Yet, even in persons of the latter description, suffering from tooth-ache, I have generally found a costive habit of body, or other symptom of internal disorder. This pain may also be induced by cold,—the excessive use of mercury,—rheumatism,—or pre-gnancy.

TREATMENT—The more I become conversant with disease, and the effect of various remedies, the more strongly am I convinced of the dependence of local affections, in whatever form appearing, upon constitutional derangement. By many the teeth are considered not to be so much within the influence of the disorders of the general system as the soft parts, and hence the usual indifference to constitutional treatment in this complaint, and the entire dependence on local management. But in reality the teeth are not less influenced by the state of the constitution than the soft parts of the body, and

it will, therefore, be found that the most rational and successful treatment of toothache is that which best succeeds in carrying off vitiated humours, improving the blood and secretions, and augmenting the strength.

In a fit of tooth-ache, I, consequently, advise the patient immediately to take some active aperient, which will operate speedily, as one of the pills, No. 97, with the draught, No. 28, assisting their operation by sipping frequently a little warm slop. So soon as the bowels are freely opened, the patient usually experiences much relief; and after this, one of the best plans of treatment that can be adopted is to preserve a regular state of the bowels by attention to diet, and the occasional use of the clyster machine, or the pills, No. 100, 101 or 101A or 101B, page 194, and, at the same time, to endeavour to improve the condition of the digestive functions by resorting to daily active exercise, friction over the region of the stomach and bowels, and the use of some mild stomachic or tonic. As a tonic, the pills, No. 102, 103 or 104, will be found useful, particularly the first and last number. This is a rational plan when the pain originates in internal irritation, and is certainly the most successful means of curing the affection, when it admits of cure and when it does not, of lessening its frequency and severity.

Should the pain appear to be of a rheumatic character, the means pointed out under chronic rheumatism or lumbago should be used. Here,¹ a scruple of sulphur every morning and four grains of compound ipecacuanha powder and a twelfth of a grain of calomel at night are excellent remedies. Let the part be rubbed with a stimulating embrocation, as No. 45, or 46, page 163.

Local means of relief are generally serviceable. If the tooth be carious, a grain of opium, and a grain of camphor, may be made into a pill, and inserted into the hollow; or a small piece of lint, dipped in strong compound tincture of Benjamin, may be put into it, and another piece placed along the gum. This tincture I have found very useful. Filling the cavity with collodion is an excellent

1. In tooth-ache from pregnancy, the tooth should never be drawn.—See the reasons in my publication *on the Diseases of Females*.

practice. Another very beneficial application is formed of two drachms of camphor dissolved in an ounce of oil of turpentine, which is to be applied by means of lint, as just advised. It is said that the insertion of a piece of gall nut into a decayed tooth, is an effectual remedy for the pain. Rubbing the gum and side of the face with oil of cajeput, or of cloves, will also sometimes be very useful. Dr. Blake says he has been enabled to cure the most desperate cases of tooth-ache, (unless the disease were connected with rheumatism), by the application of the following remedy to the diseased tooth by means of lint :—take of alum, in impalpable powder, two drachms; sweet spirit of nitre, seven drachms :—Mix them.

Nitric acid has been applied with much success. The effect of its use is often immediate, and no pain whatever is induced. The best mode of applying it is by means of lint wrapped round a probe and moistened with the acid, which is then to be slowly applied to the cavity of the tooth; care being taken not to touch the other teeth, the gums or the cheek. The mouth is next to be washed with tepid water. The acid should thus be applied to the whole cavity of the tooth, or otherwise a second application will be required before complete relief will be obtained.

This acid may be used when the gum and cheek are inflamed, so as to preclude the possibility of extraction. In cases where the diseased fang remains and when the caries faces the adjacent tooth, it obviates the necessity of extraction in all cases of hollow teeth.

Kreosote has lately been praised as specific in tooth-ache. One drop may be placed in the hollow of a decayed tooth; if the tooth is not decayed, a drop or two may be mixed with one drachm of water and applied to the tooth by means of a camels hair pencil. It does not prevent the return of the pain, nor the progress of the caries.

One of the best local applications for tooth-ache that I am acquainted with, is warm salt and water. It should be made as strong as possible, a little taken into the mouth, and held for some minutes on and around the painful tooth, when it may be rejected, and a little more taken into the mouth; two or three of such applications generally succeed in affording relief.

When the above medicines are not at hand, or have been tried in vain, the mastication of pungent, aromatic, and stimulating plants, will sometimes succeed in relieving the pain, such as ginger, horse-radish, common hartwort, or pellitory root.

Those who are subject to tooth-ache, ought to be particular in keeping the teeth clean by the frequent use of a soft brush and water, and the occasional use of a suitable dentifrice.

Flowers of sulphur, and charcoal powder, are among the best dentifrices : the former may be used every day, and the latter twice a week. The best common charcoal powder should be employed, not the *prepared charcoal*, which is too often a combination of hurtful ingredients. When the gums are loose or spongy, a powder composed of equal parts of Peruvian bark, powder of catechu, and armenian bole, will be found a valuable dentifrice, and may be used three or four times a week. I have known this to be of essential service in preventing the return of tooth-ache.

Stopping, filling the hollows of carious teeth, with gum-lac and other substances, is now practised by the most skilful dentists, and is often of great service, both in delivering from present pain, and in arresting the further progress of decay.

In conclusion, I would strongly advise the patient never to have a tooth extracted, till he certainly finds he cannot retain it any longer with safety or satisfaction ; for the practice of drawing teeth immediately a patient complains of a severe pain in them, and there is a slight caries or decay, is far too common, and is attended with many disadvantages. Celsus, an ancient writer on surgery of great celebrity, warns us against this practice, and it is reprobated by many of the most able dentists of the present day.

TUMOURS

By the term *tumour* is understood a swelling possessing some solidity. Tumours in general are considered to be formed by the effusion of coagulated lymph, like the white of an egg, in the part, either accidentally, or in consequence of disease, which is afterwards converted into a living part, by the growth of the adjacent vessels and nerves into it.

I have considered at some length the subject of tumours in the breast and womb, in my TREATISE ON THE DISEASES OF FEMALES.

Two of the best treatises on *Tumours* ever published in this country is that by the late Mr. Abernethy, and one by Mr. Macilwain. The tumours most frequently met with, are the *common vascular*, the *fatty*, the *pancreatic*, and the *schirrous* or *cancerous*. All these vary much in size, the two first remarkably so. An enormous mass of the kind first-named, weighing forty-four pounds, was removed by an operation some years since at Edinburgh (see *Edinburgh Medical and Surgical Journal*, No. 77); and Sir Astley Cooper not long since removed a fatty swelling, which weighed, independently of the blood in it, thirty-seven pounds ten ounces and was situated on the abdomen of a man, aged fifty-seven, (see *Medico-Chirurgical Transactions*, vol. II. p. 440).

TREATMENT—These diseases often require removal by the knife of the surgeon. But in some cases the most powerful alterative medicines and a strong solution of salt and water, will be beneficial. The most powerful alterative medicines here are sarsaparilla, the alkaline solution, liquor *potassce*, preparations of iodine and iron, and salt and water.

I have seen most satisfactory changes wrought by sarsaparilla, and in illustration of its admirable effects in a tumour dependent on a derangement of the general health, the following case will be read with interest :—

“A lady, about thirty years of age, had a tumour arising from the cavity of the left nostril, of so large a size as to enlarge the nose considerably. It was firm to the touch, painful, and attended with throbbing, with head-ache. A large consultation, consisting of Mr. Cline, Mr. Cooper, Mr. Abernethy, and the author, was summoned, and it was determined that the tumour should be touched with *kali purum* frequently, and that small quantities of blue pill should be given occasionally, great attention being paid to the digestive organs. This plan was pursued for some time. The part of the tumour to which the *kali purum* was applied, was destroyed by it, but the old surface regenerated a new tumour. Another consultation was held; the plan was altered, but, notwithstanding, the disease increased,

and the patient's health gave way. She was then desired to take powder of sarsaparilla, in the quantity of an ounce daily" (a very large quantity). "In less than a month the tumour lessened, it was eventually absorbed, an adhesion formed between the surfaces of the ulcerated nostril, leaving a small opening only; and no return of the complaint has taken place, although it is now two years since the commencement of the plan; during nearly the whole of which time the lady has continued to take the remedy in smaller doses, habit having so far familiarised her to it that she has no dislike to it."—*Sir Charles M. Clarke on the Diseases of Women, Part I, second edit.* p. 238.

Small tumours are often effectually greatly controlled and reduced by the free application of salt and water thrice a day.

Iodine is sometimes employed in the reduction and cure of tumours : two remarkable cases in which it was very serviceable may be seen in *Dr. J. Johnson's Medico-Chirurgical Review*, No. 24, pp. 429-30. *Blancard's pills* of iodine and iron are worthy of notice.

TYPHUS AND TYPHOID FEVER

Typhus and typhoid fevers are continued fevers, which are characterised by being contagious, by the pulse being small, weak, and frequent, the mind much disturbed, and the strength greatly reduced, and by the presence of either rose-coloured, or mulberry-coloured spots on the body. They are fevers which usually, run a lengthened course, generally not less than one-and-twenty days, and which are attended with evident symptoms of depressed nervous power, and depraved secretions.

The symptoms of typhus and typhoid fever vary considerably in their first appearance, and in their progress and severity, in different instances, owing to the difference of cause, constitution, age, situation, or other circumstances; but, in the generality of cases, the following are the chief symptoms. There is an uneasy and peculiar sensation in the stomach, nausea, and giddiness, languor, lassitude, anxiety about the pit of the stomach, and region of the

heart, alternate heats and chills, or a sense of creeping, in different parts of the body; confusion, uneasiness, and pain in the head, redness and dulness about the eyes, dejection of mind, tremulous motion of the lips and tongue, and restlessness; short anxious breathing, acute pains in the back and other parts of the body, much thirst, nausea, vertigo, great prostration of strength, clammy, profuse perspiration, sometimes preceded by a hot, dry skin; stupor, or low muttering delirium. Sometimes the pulse is not much affected in the beginning, but as the disease advances, it usually becomes small, weak, frequent, and often irregular; and the tongue at first only covered with a little white mucus, afterwards becomes coated with a thick, brown or black dry and firm fur.

Such are the most prominent symptoms of mild typhus, or what is sometimes called *low nervous fever*. If it proceed to a fatal termination, the symptoms of debility increase, and become extreme; the patient lies prostrate on the back, with extended arms, and insensibly glides down to the bottom of the bed; there is a continued state of insensibility; a low muttering delirium; a peculiar yet indescribable expression of anguish in the countenance; twitching of the tendons; picking at the bed-clothes; involuntary evacuations and hiccup.

If the disease appear under the form of the severer or *malignant typhus*, frequently called *putrid fever*, its attack is more sudden and violent, its progress more rapid, and all the symptoms of debility and putridity appear earlier, and in an aggravated form. Here the rigors are extremely severe,—the heat of the skin often peculiarly acrid and burning,—the head-ache intensely painful,—the expression of anguish indescribably acute, the pulse tense, hard, quick, and fluttering. The prostration of strength appears early, and is extreme; the fever sensibly increases every evening; the delirium is high and ferocious; the complexion is brownish, or of a slight pink hue; the eyes are heavy and much inflamed; the breath hot and offensive; the tongue dry, dark, livid, or black; and the teeth and lips affected with brown sordes; vomiting of black, bilious matter is present; and the stools are blackish and very fetid. In the advanced period of putrid fever, cold clammy sweats occur with

red spots called *petechiae*, under the skin, bleeding from various parts of the body, and a black gangrenous thrush appears about the mouth and throat; the guise sinks and intermits, the extremities grow cold and death ensues.

A moderate degree of deafness; the respiration returning to a natural state; moderate looseness at an early period; the urine natural in quantity, and depositing a red sediment; a thin and universal sweat, not profuse; the pulse becoming fuller and slower; light-coloured thrush, particularly if accompanied with an increased secretion of mucus from the fauces, or of saliva; and swelling and suppuration of the glands of the neck, are favourable symptoms. If the breathing and swallowing be free, the prognostic is often favourable, although the other symptoms appear alarming.

The following are very unfavourable appearances, viz., convulsions, a depravation of sight, the eyes appearing as if covered with a film, especially if blood flow from them; the voice being very much affected in an unnatural manner; a thin watery looseness at a late period; the urine being pale and limpid, or appearing brown, and depositing a matter like coffee grounds, or being suppressed without pain or distension of the bladder; no complaint of thirst, when the mouth and fauces are very dry; extreme and increasing debility. All bleedings, at an advanced period of the disease, are unfavourable, especially from the pores of the skin; and the danger of *petechiae* (little blackish-red points, appearing under the skin), is in proportion to the darkness of their colour.

Whatever debilitates the living powers of the human system, may become a cause of typhus or typhoid fever; and among the most frequent and powerful sources are, poor living,—a confined stagnant atmosphere,—bad drainage,—grief, and other depressing passions of the mind,—sedentary living,—intemperance,—excessive indulgence in the use of intoxicating liquors,—profuse evacuations, and exposure to cold, united with moisture. Any of the ordinary causes of fever may be the cause of typhus, if the season of the year, the state of the atmosphere or the constitution of the patient, disposes to this form of the disease.

Typhus is often propagated by contagion, that is, by the

effluvium issuing from a living body labouring under the disease; and when a patient afflicted with typhus is confined in a damp, close, and stagnant atmosphere, deprived of free ventilation, and exposed to the noxious exhalations of accumulated dirt and filth, he is in a condition to communicate the disease in its worst form, and it is from such a source that the severer or putrid form of typhus commonly arises. Indeed, this fever frequently arises in crowded places, among persons previously healthy, when due attention has not been paid to ventilation; and in this way it often appears in jails, transport ships, hospitals, and the crowded and filthy habitations of the poor.

We are indebted to Dr. Jenner, physician to the (queen, for pointing out the two kinds of low fever now generally recognized, namely, *typhus* and *typhoid*.

Typhus fever attacks people of the mean age of nearly forty-two years; *typhoid* fever of the mean age of twenty-two years. Under twenty years of age, typhus is rarely fatal; above fifty, the mortality may be sixty per cent. In typhus relapses rarely occur; in typhoid fever they are frequent. In typhus there is an eruption on the body and limbs, of *dusky pink* or *mulberry-coloured spots*, not removed by pressure, and passing into *petechiae*. In typhoid fever the spots are *bright rose coloured*, disappearing entirely on pressure, and re-appearing when the pressure is removed. In typhus the glands of the intestinal canal, called *Peyer's glands*, are not ulcerated; in typhoid fever they are almost always diseased, which accounts for the greater frequency and obstinacy of *diarrhoea*, and *haemorrhage* from the bowels, which occur in *typhoid* fever.

The rash in *typhus* is never papular, or pimply, but consists of very slightly elevated spots of a *mulberry* colour; each spot is flattened on its surface, and irregular in outline. After the third day of the eruption no fresh spots appear. The *typhoid* eruption is popular, or pimply, consisting of little-circular spots of a *bright rose* colour. Fresh spots come out every day or two, till the third week.

“The small dry tongue, with red tip and edges, smooth, furred of a pale brownish yellow, and fissured, the surface seen between

the fissures being of a deep red," Dr. Jenner considers distinctive of *typhoid* fever.

While *typhus* fever arises from the effluvia of living bodies, in close unventilated places, *typhoid* fever often appears in country places, and in well-aired houses. These fevers do not prevail together, and one does not communicate the other. *Typhoid* is the endemic fever of Britain, France, and America, and frequently appears when *typhus* is unknown. The "Croydon fever," and the "Westminster fever," was *typhoid*. *Typhus* and *relapsing* fever prevails only in crowded localities, *typhoid* in all paces. The former invariably commences among the poor and ill-fed; the latter among the well-to-do, and the rich suffer greatly.

Typhoid fever (sometimes called *intestinal* or *enteric*), was that which proved fatal to Count Cavour and the Prince Consort. It is always more prevalent in autumn. In America they call it the "*autumnal*," or "*fall fever*." Bad drainage is a fruitful source of it. Fever arising from the offensive effluvia of drains, sewers, and cesspools, appears to be always of the *typhoid* type.

Constipation is usually present in *typhus* and diarrhoea in *typhoid* fever. The stools in the latter are peculiar, being liquid, and of the colour of yellow-ochre, the odour very offensive—or they may resemble mud or bird lime, and are alkaline. The stools in *typhus* are either of a natural consistence and colour, or they are of a dark-greenish brown, and are usually acid. Haemorrhage from the bowels is extremely rare in *typhus*, but is often met with in *typhoid* fever. Delirium and impairment of the mental faculties are common in *typhus*, but not so in *typhoid* fever; and debility and prostration are earlier and greater in the former than the latter. The pupil of the eye is usually contracted in *typhus* and dilated in *typhoid* fever.

TREATMENT—In the treatment of this fever, we must ever be guided, in some measure, by the nature of the symptoms, the age of the patient, his habits, and constitution; but as it is in its later stages a disease of debility, a mild tonic plan of treatment is the most proper and successful, and the means that have been found of

the greatest service, are an emetic at the commencement, free ventilation and fumigation, the affusion or ablution of cold and tepid water, and the exhibition of mineral acids, and wine, with suitable nourishment.

The first points to be attended to in the management of patients afflicted with typhus, whether it appear under the milder form of a low nervous fever, or the more severe and aggravated character of a putrid, jail, or hospital fever, are free and sufficient ventilation and fumigation. These means are too often neglected, but are universally called for, and will frequently prove of more service than any other cordial. The windows and doors must be freely and constantly opened, and the apartments fumigated with the nitrous acid vapour, in the manner described under putrid sore throat, or with, what is still better, the chloride of lime (p. 282). It should never be forgotten, that a contagious atmosphere is injurious to the patient, as well as dangerous to the attendants, and, therefore, every proper means of purifying the air surrounding him must be resorted to, and steadily persevered in. The bed-clothes covering him should be few and light; his chamber should be freed from all unnecessary furniture and attendants; his sheets and body linen should be frequently changed, and instantly removed from the room; as should also his stools and urine. He must also be kept quiet, and every mental exertion avoided.

No doubt fever is not a disease of the solid parts of the frame, but of THE BLOOD. The blood is the part of the system which feels first and chiefly the effect of the remote cause, whatever that may be. It is the blood which imbibes the poisonous effluvia, when the disease arises from infection; it is likewise this vital fluid which is early, most certainly, and most deeply implicated in all the morbid changes consequent on exhausting fatigue, and on deficient and innutritious food. All the secretions and excretions suffer, in consequence, a morbid change; and thus it is that fever disturbs every function of the body and deranges every faculty of the mind. An obstinate disregard of the state of the BLOOD—the pabulum of life—“the life of all flesh”—lies at the root of the frightful havoc which has followed from the common methods of treating fever.

In the treatment, the grand aim of the practitioner should be to IMPROVE THE QUALITY OF THE BLOOD, and to nourish the patient; and if this can be done, in most cases (*Deo volente*) the safety of the sufferer is secured.

In the commencement of typhus, a seidlitz powder should be given, in cold water, in the morning of the first three days. If it does not operate, it should be quickly repeated with one drachm of Epsom salts added to it; a dose of the common saline mixture in a state of effervescence, with eight grains of nitrate of potash in each dose, should be given, twice a day, in half a tumbler of cold water,—the first dose at three o'clock in the afternoon, and the second at ten o'clock at night; eight grains of James's powder being given every evening at seven o'clock. This treatment will be sufficient to carry the patient through the first stage of the disease.

The symptoms of high excitement usually pass off in about a week; at the end of which period the tongue begins to assume a brown appearance, denoting the accession of *the second stage*. Immediately that a brown streak is observed down the middle of the tongue, extending to the sides, give muriatic acid. In typhus, and all diseases of the typhoid type, the mineral acids are admirable remedies. Twenty drops, or minims, of the diluted acid, should be given in a wine-glassful of barley water, or sugar and water, every two hours.

In typhus, and all diseases of the typhoid type, the mineral acids, particularly the muriatic, are of signal service, because the blood-globules are partly dissolved and there is a feeble power of coagulation, conditions of the blood effectually removed by the muriatic acid. Dr. Richardson's opinions on this point are very valuable. *On Coagulation of the Blood*, p. 446, he says, "In, true typhus and typhoid, the mineral acids are the remedies. The muriatic, from its less fixed character, holds the first place. Of late, I have given the acid from the first, and with the best success." Dr. Murchison, physician to the Fever Hospital, is of the same opinion.

Dr. Chambers, physician to St. Mary's Hospital, truly considers that low fever shows diminished vitality of the blood, and system

generally, and that it should be treated on the *restorative* principle. Therefore his plan is to give muriatic acid, milk and lime water, beef tea, chicken broth, and wine. Two or three ounces of milk with half the quantity of lime water, or the same quantity of beef tea, should be given every two hours, and if a little powdered biscuit can be dissolved in it, so much the better. Barley water and good butter milk also are useful. "If there is very complete prostration and delirium of a low muttering character, wine is required. A tremulous state or quivering of the hands and fingers is a good test of the necessity for wine; and so is a sharp, weak, unequal beat of the heart."—*Clinical Lectures*, p. 61. I think highly of muriatic acid, and Dr. Chambers recommends it to be given in the following agreeable form :

Take of Diluted muriatic acid	20 minims;
Simple Syrup	a tea-spoonful or two;
Barley water or water	2 or 3 table- spoonfuls.

Mix, and give this draught every two hours.

It usually diminishes the repugnance to food and lessens thirst and diarrhoea.

If the patient gets a superficial sore on the back, by saturating his sheets with urine and stools, then paint the parts directly they get red with gutta percha, softened in chloroform. Keep plenty of the gutta percha in the chloroform bottle, so that it may be of the consistence of paint.

A gentle diarrhoea is a favourable symptom, and should by no means be interfered with; but if the bowels are acted on more than three times in the twenty-four hours, then give half a drachm of the compound powder of chalk in cinnamon water, gruel, as often as requisite, or the acetate of lead draught prescribed at page 857. If, on the contrary, the bowels become confined, no aperient is so suitable and useful as a seidlitz powder, with one drachm of Epsom salts. To relieve vomiting or burning heat at the pit of the stomach, at any period of the complaint (symptoms which are sometimes

very distressing), give half a drachm of carbonate of soda in a little water.¹

Blood-letting has been of late years strongly advised in typhus fever, but I cannot recommend it, being persuaded it is rarely required, and that it is often very injurious. An emetic at the commencement of all fevers, is always a safe and useful means, such as No. 123, page 206. "It is astonishing," says Sydenham, "how it happens that a vomit, which does not produce either a large or a morbid discharge from the stomach, should so materially relieve the nausea, restlessness, anxiety and furred tongue of the patient." That it is followed by these good effects is certain, and when we consider that tartar emetic and ipecacuanha clear the stomach of acrid contents, powerfully relax the skin and excite a new action throughout the system, we cannot be at a loss to account for their beneficial effects.

The affusion or ablution of cold water is a remedy of mighty power in the early periods of these fevers. It enables that extensive and important organ the skin to resume its duties of arterializing the blood, circulating it through the minutest vessels, and evacuating the sweat. The sooner it is employed the better, if all chilliness has disappeared, and the skin is hot and dry. It must never be employed when any degree of perspiration is present, and rarely after the first three or four days from the commencement of the fever. If, therefore, on the first, second or early on the third day, the skin be unusually hot and dry, the patient should be stripped naked, supported on a stool in a low wide tub, and two or three gallons of cold water briskly thrown over him from the head downwards. It may be repeated twice a day, at noon, and in the evening, about seven or eight o'clock; and so great is the value of this remedy, that, in most instances, it proves extremely grateful and refreshing to the patient, directly diminishing the general heat of the body, and the frequency of the pulse, and disposing to sleep, while it mitigates the subsequent violence of the symptoms; and sometimes

1. So efficacious is the carbonate of soda that fever of a malignant type is successfully treated by its use alone, in some of the most swampy and pestilential districts of America. The common fever of Western Africa is the Marsh Fever, and the carbonate of soda will be found of signal service in it.

it suddenly cuts short the fever. But after the third day, the cold affusion would be improper and dangerous, and we must then substitute cold ablution, which, although it fails to cut short the progress of the disease, is often attended with manifest advantage, since it cools and refreshes the patient, lowers the pulse, and tends to alleviate all the symptoms of inordinate excitement, without endangering any subsequent debility. Consequently, from the third to the eighth day, the patient may be washed all over quickly with a sponge, dipped in cold water, and immediately rubbed dry after it. This may be repeated twice daily, at those times when the skin is most affected with extreme heat and dryness. From the eighth to the thirteenth day the washing should be performed with lukewarm water or luke warm vinegar and water which at that period answers better than cold water.

Camphor has been highly praised by some eminent authors, as a cordial in this fever, and when a great degree of restlessness and debility comes on early, it may be a very suitable anodyne, and should be cautiously tried.

If the symptoms of debility are considerable, a little wine may be given in conjunction with muriatic acid, and the greater the debility the more clearly is this cordial indicated. But small quantities only should be given in the beginning, with great caution, they being gradually increased or diminished according to their effects. If, by giving a small quantity of wine, for example, a glass of old Port, Sherry, or Madeira, three times in twenty-four hours, we find that we gain an advantage, the symptoms of debility being permanently relieved without its occasioning any great degree of heat and general excitement, we ought in general to be satisfied, and not to augment the dose. And when its administration is not attended with this desirable effect, caution must be exercised in increasing the quantity. If it quickly, and to any considerable degree raise the pulse, we may be assured that we are giving too much. If the symptoms of sinking and debility return soon after the cordial effects of each dose, the proper practice is, not to increase the dose, but to lessen it, and give it more frequently. Those cases of typhus which are accompanied with petechioe, or small red spots

under the skin, and with a strong tendency to gangrene, call most for the use of wine; and those in which the skin is soft and inclined to be damp, bear it best. The tongue being tremulous, moist or not very dry and the delirium consisting of low muttering incoherence, are symptoms which afford additional reasons to hope that it will prove useful. It may be given also more freely, and with less risk, to old persons, and weakly habits, to those accustomed to the free use of fermented liquors, and those inhabiting low crowded situations and large towns, than in the opposite circumstances. The late Dr. Todd introduced a plan of giving large quantities of wine in typhus and typhoid fever, which was extremely injurious. I believe; with Dr. Gairdner, of Glasgow Infirmary, that in children and young people wine in these fevers is very often "poisonous and destructive."—*Lancet*, 12th March, 1864. It is in elderly people, and those who have been much accustomed to wine, that it sometimes proves very useful. These fevers occurring in autumn, shew a greater tendency to debility than when they appear in spring, and, therefore, call for more wine. See also what is said of the use of wine in typhus, at page 140.¹

Experienced physicians recommend opium to be given to procure sleep and that in a full dose; but its use requires caution. It is a ticklish medicine in fever, for it may do either serious injury, or much good; and probably we possess a far better remedy for sleeplessness and delirium in tartarized antimony, as prescribed in Dr. Graves's fever mixture, No. 87B, page 187. This will never do harm, and it will rarely fail to soothe and dispose to sleep. No opium should ever be given where *the pupils are contracted*, or the urine scanty and loaded, or where there is much difficulty of breathing, and a livid countenance. It is true that two or three nights spent in restless delirium are followed by the worst consequences; and patients who pass *three* nights in succession in that way very

1. The action of the heart will frequently guide us in the use of wine and other stimulants, even better than the state of the pulse. If its impulse is weaker, and its sounds are fainter and less distinct than in health, we may with confidence, administer wine; or rather when the first sound of the heart is nearly lost, and becomes much more feeble than the second, wine is indicated. Dr. Murchison is of this opinion.

often die. One third of a grain of acetate of morphia, in the evening, will often produce sleep, followed by striking amendment on the following day; but no opiate should ever be given *if the pupil of the eye is contracted*; and, as I have already remarked, we have a more certain remedy in Dr. Graves's mixture.

For the relief of tremors, startings, spasms, delirium and other symptoms of great irritation, cobweb is frequently found of remarkable service. It will sometimes calm the patient more effectually than opium, wine, or camphor, and may be given in the dose of eight or ten grains, which may be repeated to the second time in the space of twenty-four hours, if necessary.

Yeast was at one time in high repute as an antiseptic in this disease, and is worthy of some confidence. It is well suited to domestic practice, since it is a simple remedy, and easily procured. It is said, that a son of the Earl of Essex was given over by Dr. John Willis in typhus fever, and afterwards restored by sponging the body with vinegar, and using yeast internally by mouth and clysters. One of the best modes of giving this article, is in an infusion of malt,—a combination from which Dr. Haygarth, of Chester, says, that he has derived great advantage in the treatment of putrid fever. A teaspoonful of yeast is mixed with a pint of strong wort, and the vessel then covered close, and placed near a fire. In less than an hour, it is covered with a white cap of yeast, and should be drank in that state. One or two pints of this mixture must be taken in divided doses during the day. If good wort cannot be got from the brewer, the patient's friends may make it by pouring a little more than two pints of hot water on two pints of malt, which, after it has stood close covered for two hours, should be strained off for use. The water should not be poured on the malt boiling, but be allowed to cool for a few minutes.¹

1. I am glad to see that recent testimonies are much in favour of the efficacy of yeast in typhus fever. "Dr. Stokes (of Dublin), who seems to have used it more extensively than any other physician of the present day, speaks highly of its efficacy, after a trial of its powers for upwards of thirty years, both in public and private practice. He has administered it in cases where purple extremities or gangrenous sloughing took place, accompanied with symptoms of inflammation. The result of his experience is, that balm or yeast is well suited to every stage of typhus fever in which it can be borne by the stomach.

(Contd. on next page)

In low nervous fever, that is, the milder sort of typhus, blisters to the nape of the neck, or between the shoulders, will often afford considerable relief from head-ache and delirium. The kind of delirium most benefited by these means is, that accompanied by a suffused redness of the eyes; and whenever they are employed, it is seldom proper to allow more than one to be applied to the body at one time. Blisters are rarely advisable in the severer or malignant typhus, on account of the existing tendency to gangrene, which they are very apt to increase. The tartarized antimony is, however, a still more efficacious remedy in delirium.

Sometimes raving comes on at night (or in the day) with a quick pulse, suffused eyes, and hot head. The patient makes violent efforts to rise from bed, may become almost unmanageable, imagining that he sees frightful apparitions, he may shout or scream, and, look extremely wild. The indication here is to relieve the brain and the mildest and most efficacious remedy is tartarized antimony. Leeches and blisters are rarely of much service, but the mixture of tartarized antimony and laudanum, No. 87B, page 187; is always a safe medicine and generally remarkably soothing and effectual. It produces perspiration when the skin is dry, a moist tongue, a soft pulse, and general quietude. After a time, it induces sleep, and great relief. From the use of this admirable remedy alone, many

(Contd.)

It is in general easily taken alone, or with any medicine that it may be deemed advisable to join with it; but in the worst forms of typhous fever, when it is most needed, it not only is seldom rejected by the stomach, when any other medicine can be retained, but the patient in such cases often expresses a liking for it. According to this author, yeast, being moderately laxative, often supersedes the necessity of repeated doses of purgatives; but, if required, an aperient tincture may be added to it. Should, however the bowels be purged, a few drops of tincture of opium should be added occasionally. He ascribes its efficacy to its power of correcting the morbid contents of the alimentary canal, and consequently the symptoms of putrescence, and asserts that in his idea, petechiae and a black loaded tongue will be found more effectually remedied by it than by other medicine. In adverting to the objection to this remedy, that it may be likely, by promoting fermentation, to increase the tendency to tympanitic distension, Dr. Stokes states, that in some of the most obstinate cases of tympanitis, clysters of yeast and assafoetida have proved the most efficacious remedies."—*Cyclopaedia of Practical Medicine*, vol. ii, p. 210, 1833.

will recover from a state of stupor and coma, or from a raving unmanageable sleepless condition, who otherwise would soon die. Nothing calms the nervous agitation so well, and so certainly produces sleep. Whenever there is undoubted evidence of determination of blood to the head, this medicine is indicated, and its effects will sometimes appear to be magical. Graves's *Clinical Medicine*, p. 143. Typhus and typhoid fever are apt to be complicated with congestion and inflammation of the chest, as well as the head, for which also Dr. Graves's mixture is peculiarly adapted.

Delirium and sleeplessness in fever are alarming symptoms, and hoping that the relation of the following case, cured by emetic tartar and opium (*Dr. Graves's mixture*, No. 87B, page 187), may be very useful, I have transcribed it here at length from Graves's *Clinical Medicine*, p. 156.

"The case of Mr. William Murphy is well worthy of notice. The father of this gentleman, a practitioner of well known reputation at Fermoy, where he has been physician to the Fever Hospital for many years, arrived in Dublin the very day his son's state appeared to be hopeless, soon after the consultation, when Dr. Stokes and I agreed to use the tartar emetic and opium. Dr. Murphy admitted afterwards that he never felt so much surprised as he was at this treatment, but having intrusted the care of his son to us, he very properly expressed no opinion on the subject, a mode of proceeding he has never since ceased to congratulate himself on, for had he opposed us, the case was apparently so desperate, that it may be doubted whether we would have ventured to put the plan into execution.

"On the tenth day, I had the benefit of Dr. Stokes' advice. We found our patient in a state truly appalling. He lay panting on his back, restless, and without sleep ; every muscular fibre in his face and limbs was agitated with spasmodic twitches, giving rise to the greatest possible degree of jerking, which distorted his face, caused him to bite his under lip every instant, rendered him quite unable to put out his tongue, although he endeavoured to do so. The jerkings prevented us from being able to feel the pulse, now weak and rapid, at the wrist. In the meantime, though he often moaned and raved, he muttered indistinctly; he evidently understood what was said to him,

and as far as we could collect, he seemed to suffer much less from pain in his head. Still, the temporal arteries were turgid, and his eyes suffused. He had retention of urine, and since yesterday it was drawn off with the catheter. What was now to be done? Under these circumstances, we resolved to try tartar emetic, and we ordered the following mixture :

Take of Tartar emetic	2 grains;
Musk	30 grains;
Mucilage and syrup, of each	1 ounce;
Water	10 ounces.
Mix, and take a table-spoonful every hour.	

After he had taken about six doses of this medicine, he seemed rather better, and the symptoms of determination to the head appeared less marked; we therefore, added *fifteen minims of patent black drop* to the remaining nine ounces of the mixture, and directed small quantities of porter and chicken broth to be given repeatedly during the night.

"On the eleventh day we found a change for the better truly surprising, the pulse had diminished remarkably infrequency and had become softer and fuller; a warm sweat had broken out, he had raved but little, and had slept tranquilly. We ordered a continuance of the same nourishment and medicines, the latter at much longer intervals. The case need not be further detailed, as Mr. Murphy rapidly recovered, and enjoyed a speedy convalescence. Here, then, is a case which would assuredly have been lost, but for the well-tried application of the new method of treatment. I say this emphatically, for Mr. Glyssan, Mr. Boyton, Mr. Clarke and Dr. Murphy, all anxious and competent observers, assured us that from the moment he began the bottle its good effects were apparent and increased after each dose."

If much affection of the head exists, the hair should be cut off, and a cold lotion of spirit of wine and water, or cold water alone, must be applied by means of rags wet with it, and frequently renewed. The feather pillow should be removed and a hard horse

hair pillow substituted, or, what is still better, a water pillow. Nothing is better to apply to the head than the coldest water.

When the extremities become cold, bottles of hot water, or a mustard poultice, may be applied to the feet. A mild looseness should rarely be interfered with, but if more than two motions occur in twenty-four hours, give a starch enema, with fifteen drops of laudanum in it, and repeat it every evening. If that is not sufficient, give the acetate of lead draught, here recommended for haemorrhage. Should bleeding arise during the course of the fever, and the mineral acids not check it, give a draught, every four hours, composed of three grains of acetate of lead, and the eighth of a grain of acetate of morphia, in spearmint water. If there is pain in the right side of the belly, with diarrhoea and bearing down (tenesmus), a few leeches applied to the seat of pain will do great good.

If the bowels are constipated in typhoid fever, only the mildest aperients should be employed, such as a tea-spoonful of castor oil, or a gruel enema, every second or third day. And whenever there is *diarrhoea*, or pain in the bowels, let flannel wrung out of hot water, covered with oiled silk, be applied over the bowels frequently.

The food, in all cases of typhus, should be nutritious, but the stomach must never be overloaded. It should be easy of digestion and given frequently,—that is, every two or three hours, and in small quantity. This precept to feed frequently is as necessary in any low fever as that of feeding well. The best kinds of food are, cooked fruits, farinaceous vegetables, as sago, panada, decoction of barley, grits, etc., jellies, bread and animal broths. Tea and coffee are useful both in typhus and typhoid fever, and salt should be freely mixed with the broth, beef-tea, and gruel. The liquid food given should, if possible, be always mixed with some portion of that which is solid, and especially with bread; and when the debility is considerable the stomach ought not to be permitted to remain long empty. No kind of animal food is proper while a tendency to exacerbation or feverish increase continues; but when convalescent, animal food is of great service, and a little pepsine with it will

make it digest better. In the worst cases of typhus, the powers of digestion are wholly suspended, and as the state of the stomach does not then admit of any kind of solid food, our great dependence must be upon the use of milk, beef-tea, and arrowroot, and wine must be given frequently, but in small quantities. Dr. Murchison's advice is (*Treatise on Fever*, p. 354):

"In the morning at nine, a cup of coffee and milk, with dry toast, or milk alone may be given; and at noon a basin of strong beef-tea or chicken-tea, to which may be added arrowroot, vermicelli, or gelatine. At three o'clock, the beef-tea or chicken-tea may be repeated, or arrowroot made with water, milk, or port wine, substituted. At six, another cup of coffee, with toast, may be given; and at nine o'clock, a tumbler of wine-whey, or of wine-whey beaten tip with egg. Beef-tea, arrowroot, and wine-whey are to be given three or four times in the course of the night, while wine and mild drinks are to be administered along with, and in the intervals of the meals, according to circumstances. As soon as the appetite returns, or if the tongue is moist, calf's-foot jelly, chicken panada, port wine jel custard, sago, tapioca, or arrowroot puddings, or stewed apples may be allowed. It is well to prohibit uncooked fruits of all sorts, during an attack of typhus, as they often produce tormina, flatulence, or troublesome diarrhoea. When the tongue is dry and brown, all solids must be prohibited."

The patient should be allowed to quench his thirst, by drinking as freely as he pleases of mild diluting drinks, as barleywater, tamarind tea, lemonade, etc. Soda-water is, for the most part very proper, especially that prepared by Thwaites of Regent Street.

ULCERS

An ulcer is a breach of continuity in any of the soft parts of the body, attended with a secretion of matter, or some kind of discharge.

Ulcers are of different kinds, varying in their appearance, and the symptoms, whether local or constitutional, by which they are accompanied; and in order to treat them with success, it is essential

to attend to these symptoms and appearances. Ulcers are chiefly of the following kind, viz. : THE HEALTHY, THE IRRITABLE, THE INDOLENT, THE INFLAMED THE SLOUGHING OR GANGRENOUS, and THE SINUOUS

Healthy Ulcer

The Healthy Ulcer has a florid appearance; the little red eminences, called granulations, are small and pointed at the top; the surface of the sore is even with the surrounding skin, or only a little above it; it secretes a bland, whitish, opaque matter, and its edges are thin, and even with the surface. Here the healing process goes gradually on until a cure is effected; and all that is necessary to be done in the generality of cases; is, to avoid every source of irritation, and to apply the cold water dressing. Dip some rag in cold water, wringing it gently, lay it over the ulcer and inflamed parts, and then cover the whole with a piece of oiled silk. Renew this water dressing five or six times a day; and wind over the whole a small linen bandage.

This is a mode of treating of the highest value in almost all ulcers, as thereby the inflammation is reduced, the vessels are strengthened, and the ulcer disposed to heal. It is very soothing in *inflamed* and *irritable* ulcers, and invigorating in *indolent* ulcer. If proud flesh appears, or discoloration, dip a small piece of lint just the size of the ulcer—in a little *black-wash*, (page 190) apply that night and morning; then cover with the simple cold water dressing, as before advised.

At the same time, take every other morning before breakfast, the powder, No. 130A, page 209, and a drachm of sarsaparilla powder, twice a day; or a dose of the nitric acid mixture, No. 83A, in the *Appendix*, twice daily. If that does not answer, try bark and ammonia, as in No. 84B, page 185.

If the ulcer should be large, and especially if it has followed an abscess, it will generally be advisable for the patient to rest, and to keep the part supported in an horizontal position. The food should be easy of digestion and nutritious.

It is not unusual for proud flesh to appear in these ulcers; when

Indolent or Chronic Ulcer

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it does, a small piece of lint should be laid in the middle of the sore, and the surrounding part close to the edges touched every day with lunar caustic, strips of adhesive plaster being afterwards applied rather tightly, so as to keep the luxuriant growth down.

Irritable Ulcer

The Irritable Ulcer is exquisitely tender and painful, although it may be but slightly inflamed; its surface is unequal, being in some parts high, in others very low, and without the florid appearance of a healthy ulcer; and the discharge is either matter mixed with blood, or of a thin irritating nature. Often the margin of the surrounding skin is jagged and sharp. No dressing is in general half so efficacious in it as the cold water dressing; the constitutional treatment being the same as above advised.

This kind of ulcer is frequently very difficult to manage, and compels us often to change and vary our remedies. If, therefore, it be found necessary to use other means than those just recommended, the nitric acid lotion, in the proportion of fifty drops of the acid to a quart of water, will sometimes prove very beneficial; to be used twice a day instead of the cold water dressing. Or a piece of lint dipped in the tincture of opium, or in a solution of lunar caustic, in the proportion of half a drachm of the caustic to an ounce of distilled water, may be laid over the ulcer and covered with a pledget of lint spread with spermaceti ointment. Bandages do not generally agree with irritable ulcers. Whatever applications are made to the sore, internal medicines must not be neglected, since the constitution is, in these cases, almost invariably in an irritable unhealthy state. Change of air and attention to diet are of the first importance.

Indolent or Chronic Ulcer

The Indolent or Chronic Ulcer is characterized by the glassy and semi-transparent appearance of the surface, in which there is little or no attempt towards healing, the sore remaining nearly in the same state for a considerable time. The languid indolent ulcer

requires stimulating applications locally, in conjunction with a nutritious diet and strengthening medicines. It may be dressed, once or twice a day, with the ointment of nitric oxide of mercury, or with that marked No. 89, or 92, pages 188-89 or with tar ointment mixed with an equal quantity of sublimed sulphur. Sometimes a stimulating lotion will answer better, as the solution of lunar caustic above mentioned, or a solution made by mixing together eight grains of oxymuriate of quicksilver, and six ounces of lime water, either of which may be applied twice daily;—or kreosote may be tried, as advised under TOOTH-ACHE. The part must be constantly bandaged after being dressed, and the patient should take gentle exercise. As a strengthening medicine, the pills, No. 102, 103, pages 184-85, or No. 115, or No. 74C, may be taken at the same time.

Generally speaking, scrophulous ulcers are of an indolent nature. A very good plan of treating these ulcers consists in applying to them, once or twice a day, a poultice composed of sea-weed, or sea-tang, bruised and taking at the same time, thrice a day, a grain or two of the best sulphate of quinine, made into a pill with three grains of extract of hemlock, prepared in vacuo. The patient should, if possible, have the benefit also of a nutritious diet and pure air. If the sea-weed cannot be got, dress the ulcers, twice a day, with cerate of carbonate of ammonia, made by mixing together a drachm of this salt and an ounce of simple cerate; or wash them as frequently with a lotion formed of equal quantities of tincture of myrrh and lime water.

Inflamed Ulcer

The Inflamed Ulcer is painful and accompanied with fiery redness and other appearances of inflammation oil the surface, and in surrounding parts. The discharge is of a thin bloody nature; the surface is often covered with a brown incrustation and sometimes there is a disposition in the sore to slough. The best manner of treating these ulcers is by the cold water dressing, as advised at pages 911-12.

Sloughing and Gangrenous Ulcers

Sloughing and Gangrenous Ulcers occur mostly in intemperate and debilitated subjects. Their surface is free from any discharge; the surrounding edges are of a livid appearance, with small blistered spots on them; and the patient suffers from a good deal of irritative fever. Sometimes the greater part of the ulcer looks livid or black. The treatment is precisely the same as we have recommended for MORTIFICATION. The patient should cover the part with a poultice of Port wine and linseed meal, or of stale beer grounds and meal, renewing it every eight or ten hours; he should take the draught of carbonate of ammonia and bark, No. 84B, page 185, every four hours; and make use of a generous diet. Wine and porter may be allowed, and even brandy, if the patient has been much used to it. The nitric acid lotion, (forty or fifty drops of the acid to a quart of water), is also an excellent application to the ulcer. It is highly praised by Sir Astley Cooper, and may be applied, if required, instead of the above poultice, twice or thrice a day, by means of a camel's hair pencil or lint.

Sinuous Ulcers

The SINUOUS ULCER is one that occupies a sinus, or long narrow opening. When a sore extends to any considerable depth, so that the discharge has to travel through a channel before it arrives at the surface, such an ulceration is called sinuous. A fistula, for example, is a sinuous ulcer. The discharge from such ulcers is generally of a thin or otherwise unhealthy kind, the external opening is usually small, and there is a want of energy in the sore, which requires the use of stimulating applications. When, therefore, an ulcer of this description exists in any part, (running under the skin and muscles), the patient should inject into it a little tincture of Spanish fly once or twice a day, and be careful in keeping the sides of the ulcer in contact, by compressing them, through their whole extent, by means of a compress of linen, sheet-lead, or any other convenient substance, bound down over the tract of the sore, with a roller, or adhesive plaster. Two grains of corrosive sublimate,

mixed with an ounce of distilled water, forms a solution which is injected into such ulcers with great advantage; and if the tincture of Spanish fly fail to be beneficial, it should be tried. A mild nutritious diet is necessary, and in general the pill, No. 99, taken at night, with half a drachm of the powder of sarsaparilla and three grains of hemlock powder, twice or thrice a day, will improve the condition of the general health, and assist in curing the ulcer.

A Fistula in Ano is to be treated precisely in the same way; but a sinuous ulcer in this situation is rarely cured without an operation, which is very simple, and consists in dividing the intestine rectum from the verge of the anus, up as high as the top of the hollow in which the matter was formed; thereby laying the two cavities of the gut and abscess into one. By this means the hollow sinuous sore is converted into an open one, which contracts and heals from the bottom upwards, and a firm and permanent cure is thus obtained. Persons troubled with a fistula should be careful in regulating their bowels, by the use of some mild medicine, as No. 100, or the laxative electuary recommended for piles, at page 164, and should avoid everything that irritates the lower bowels. Fistula in Ano is so commonly dependent on a disordered condition of distant parts, that the operation seldom succeeds unless great attention be paid, at the same time, to improve the state of the constitution. The best means of invigorating the system I have pointed out above, and at pages 340-42, and 663-64. The quinine pills, No. 181, or the sarsaparilla decoction given during the day, with the pill, No. 99, page 192, every night, and a mild nutritive diet, will be found of great service. Ward's paste, and cubebs powder combined, (pages 788-89), are often given with much advantage in stimulating the fistulous ulcer to a healthy action. Now and then it happens, that a fistulous ulcer occurs near the anus in habits to which the accompanying discharge proves advantageous, and relieves complaints with which they were previously troubled; in this case, great judgment is necessary to determining on the propriety of an operation; and the advice of a skilful surgeon must be procured.

Sometimes women are afflicted with ulcers, which have a close connection with a partial or total stoppage of the natural monthly

discharge. In such cases, the ulcer is often covered with blood, especially about the period at which the menses should appear. The saturnine ointment, No. 94, may be applied to the ulcer, or it may be washed with a lotion composed of ten grains of calomel, and half a pint of lime water; and medicines must be given internally, to invigorate the constitution, and restore the natural discharge. The patient should take Dr. Griffith's steel mixture, according to the directions at pages 465-67, during the day, together with the pill, No. 98, or 99, pages 191-92, every night. The tepid hip bath, at ninety-five degrees, will also be useful at the same time, taken daily for twenty minutes, and active friction over the loins and abdomen, with the flesh brush, should be resorted to. If this plan fail, the other means of re-establishing; this flux, pointed out under RETENTION, or SUPPRESSION OF THE MENSES, must be employed.

Ulcers on the nose and face are sometimes of a very troublesome description and difficult to cure. They now and then assume a malignant aspect. In this kind of ulcer, preparations of iron, are the most efficacious applications. The ulcer may be dressed night and morning with the carbonate of iron, moistened with a little water. No. 84A, page 184, or No. 87C.Y. in the *Appendix*, should be taken thrice a day.

In ulcers that form on the fingers and toes, near or under a nail, the principal object of treatment is to obviate the irritation arising from the pressure of the nail, which, as long as it is suffered to act on the ulcer, will prevent its healing, and will sometimes cause it to be very painful and troublesome. The nail should be paired down as thin as possible, without producing bleeding, then raised a little, and a small piece of lint introduced under it, so as to keep it from irritating the ulcer. The lint may be applied dry, or spread with Turner's cerate, or the ointment, No. 94, page 190. By this simple means, the ulcer will, in general, be effectually assisted in its attempts to heal. In a bad case of this description that lately occurred in my practice, I found the application of a small blister, over the ulcer and nail of much service, the above means being afterwards employed.

It is absolutely necessary that in every case of obstinate or severe ulceration, the patient should endeavour to amend the state of the general health, by means of a nutritious diet, recourse to pure air, and the use of alterative and strengthening medicines; for if an ulcer be not healthy, it will always be much assisted in healing by this attention, and when unusually obstinate and painful, will be quite intractable without it. In addition, therefore, to any local application made use of, let the patient take iodine and nitric acid, as in No. 83A, in the *Appendix* or iron and quinine, as in No. 87C—and the pill, No. 98A, page 192, every other night. If that does not answer, try the decoction or powder of sarsaparilla, twice or thrice a day, the bowels being kept regular by the occasional use of the pill, No. 100. The proper diet is described under INDIGESTION. It must be such as will invigorate, as will rectify impaired vital power. Therefore, take plenty of good meat, wine, and ale. These are the best means of improving the state of the constitution. Whenever severe pain attends, a pill composed of a quarter of a grain of acetate or muriate of morphia and a grain of calomel will afford the most effectual relief.

Ulcers often follow ABSCESSSES, but here the consideration of Abscess must follow that of Ulcers. Having omitted to notice the subject of abscesses in alphabetical order, I shall make a few remarks in this place respecting their nature and treatment.

An ABSCESSSES is a tumour containing matter produced by inflammation; and there is heat, pain, redness, swelling. When an inflammation in any part of the body terminates in the actual formation of an abscess, there is a remission of all the painful and inflammatory symptoms. The throbbing, severe pain present, goes off, and is succeeded by a dull, heavy, pain; and the swelling becomes gradually more elevated above the surface of the surrounding skin, acquiring a softness to the feel, and showing a tendency to point in one particular place, in which situation a whitish or yellowish appearance is generally observable, instead of a deep red, which was previously apparent. If the process be suffered to go on without interruption, the skin becomes thinner every day, and at last gives way, when the matter is discharged at the opening.

Do not attempt to check or cure abscesses by leeches, purging,

antimony or any other weakening means; especially in elderly or delicate people, or among the poor. The time for such treatment is gone by. A wet rag kept constantly wet with cold water, bark, a little wine, and such like, are the proper remedies. Let the treatment be soothing and sustaining, decidedly sustaining.

When an abscess is formed in a healthy person, the matter is thick, and of a white or yellowish white colour, and the application of warm poultices and fomentations is all that is requisite, in conjunction with a little cooling opening medicine. The fomentation should consist of a decoction of mallows, chamomile flowers, poppy heads, or hemlock leaves; the poultice, of bread and water, or linseed meal. If the abscess has not burst, or been opened, both these must be used freely, particularly in the beginning of its formation, and while any inflammation continues; but after the discharge of matter, the fomentations may, for the most part, be laid aside, and a warm bread and water or linseed meal poultice be continued until all tenderness has left the part, and there is a free outlet for the discharge of matter, when the poultice may be discontinued, and a piece of dry lint applied to the opening, and over it a pledget, made by spreading a little spermaceti ointment on another piece of lint. To keep these simple dressings on, and to give support to the sides of the abscess, the part may be lightly bandaged with a linen roller, taking care that a free opening is left for the discharge of matter. If no particular pain be present, any common cooling physic will answer, as the draught No. 27, or 28, page 155-56, which may be repeated every morning; but when the pain and general irritation are considerable, which sometimes is the case, especially if the abscess be large, or situated near a part of great importance, opium must be added to the purgative medicine, and the patient may have recourse to the following mixture :

Take of Epsom salt	1 ounce;
Solution of acetate of ammonia	3 ounces;
Water	3 ounces;
Laudanum, or solution of acetate of morphia .	1 drachm.
Mix, and take three or four table-spoonfuls twice a day.	

If the abscess has become ripe, and does not quickly burst spontaneously, it should be opened with the point of a lancet. When these tumours are of a favourable description, and come forward kindly, it is not usually a matter of much consequence whether they burst of themselves, or are opened by the lancet; but when they are situated under a thick expansion of skin, or of ligamentous or other unyielding substance, they must invariably be opened early, that is, as soon as matter is formed. Abscesses in the palm of the hand and sole of the foot, and those which form close upon any bone, are of this kind; indeed, such a practice is highly advisable in any part, when the abscess appears bound down by any unyielding substance situated above it.

Such is the proper treatment of healthy acute abscesses occurring in sound constitutions. If the abscess degenerate into an ulcer, it must be treated according to the directions laid down in the pages immediately preceding.

But it not unfrequently happens, that abscesses are of an indolent character, and occur in debilitated constitutions, when they, for the most part, require local applications of a stimulating nature, and cordial strengthening medicines to be taken internally. In these cases, matter is a long time in forming, and when formed is not healthy: it is often thin, curd-like, sometimes bloody and generally small in quantity. Here, a stimulating poultice, made by wetting oatmeal with a strong solution of salt and water, should be applied cold, night and morning; or the poultice may be made of oatmeal, water and yeast, mixed together to a proper consistence. After one of these has been used, for a short time, the part may be covered with compound galbanum plaster, or the plaster of ammonia with quicksilver, spread on leather. Pressure, by means of plasters, is of great service in these cases, and is too much neglected. See what is said of it in my *DISEASES OF FEMALES*, under the head of *inflammation of the Breasts*. At the same time, the sulphate of quinine pills, No. 115, page 202, or the mixture of carbonate of ammonia, recommended at page 182, must be taken thrice a day, and the patient should have the advantage of a generous diet, but moderate in quantity, with pure air, and daily exercise. The bowels must be kept regular by the occasional use of the pills, No. 100, page 193.

The abscess in the female breast, called the MAMMARY or MILK ABSCESES, should not, I think, be treated with warm but with cold applications; at least, the latter appears to me to be generally the best plan. Milk abscess appears in weakly constitutions, and we should soothe and invigorate. Nothing is more soothing than cold wet linen laid over the abscess. Dr. John Clarke (*Essays on the Diseases of Lying in Women*) strongly advises against the employment of warm applications; and Dr. Dewees, of Philadelphia, (a physician of extensive practice, and considerable judgment), remarks (*Treatise on the Diseases of Females, fourth edition*, p. 504), "It should be a never failing rule to treat a mammary inflammation as if it were not to suppurate." He likewise says, he has "never found any application so successful in the very early stage of this disease, as the frequent use of warm vinegar to the part. Its efficacy appears to us so certain, when sufficiently soon employed, that we need not in many instances look for any other remedy. It is particularly prompt in that condition of the breast, in which a want of proper drawing leaves them; or where they become greatly and painfully distended by the sudden secretion of milk, but which cannot be extracted with ease, or in sufficient quantity to relieve the tension." In my TREATISE ON THE DISEASES OF FEMALES, I have noticed, with much approbation, a plan of treating milk abscess by bandaging the whole breast with broad strips of adhesive plaster. This plan is peculiarly valuable from its having an extraordinary influence in relieving pain and being applicable to every stage of the abscess.

VOMITING

Vomiting, or sickness, is a very distressing affection, and when it proves obstinate or severe, calls for the immediate assistance of art, in order to its being removed.

Its causes are various; but it is much oftener a secondary and sympathetic affection, depending upon the existence of some other severe disease in the system, than an original complaint. When it appears in the latter form, it is generally dependent upon a peculiar state of chronic debility in the stomach, or first intestine.

TREATMENT—Try at once the following excellent prescription :—

Take of Epsom salts 1 drachm;
 Water half a pint.
 Mix, and take half of it directly, and repeat the dose in an hour.

This quarter of a pint may be taken with advantage every morning for a week, or more, and will be found very useful. If this does not answer, then add half a drachm of Epsom salts to a small tumbler of soda water, made with the soda powders.

Another efficacious remedy for vomiting is a strong infusion of cloves, given to the patient by table-spoonfuls. This is very efficacious.

Curds and whey, carefully made, are very useful in allaying violent vomiting, and will succeed in extreme cases. The curds must be quite light, and scarcely separated from the whey.

For the vomiting or nausea which occur in weakly habits from some primary complaint of the stomach, the most efficacious remedies are, bismuth, iron, and the pills, No. 104, page 197. The nitric acid is also a useful remedy :—

Take of Diluted nitric acid 20 drops;
 Infusion of quassia, or columba 1½ ounces.
 Mix, and take this draught twice a day.

Perhaps, the most generally useful medicine here, is the white oxide of bismuth, which may be taken in the dose of two grains and a half, made into a pill with extract of gentian, and repeated thrice daily; the dose being gradually increased to four or five grains in each pill. The pills, No. 102, 103, 104 or 105, page 196-98, may likewise be tried. In this chronic state of the complaint, great attention must be paid to diet and regimen, as advised under INDIGESTION, and at pages 345-49; also to the regulation of the bowels by the occasional use of the pill No. 100, or 101 or the mixture, No. 74C.

For the sickness which so frequently harasses pregnant women, either of the means just noticed may be had recourse to. In their case, two or three ounces of infusion of columba is often an efficacious remedy. It may be frequently repeated. A draught composed of twenty drops of diluted nitric acid, and two ounces of water, is also very serviceable. Women in this situation, who are much troubled with nausea and vomiting, should be a great part of the day in the open air, and be careful to keep the bowels regular by the occasional use of the brimstone electuary, No. 37, or 38, page 160, or the mixture, No. 74, page 176. In a very severe case of vomiting of this kind, that had resisted all the usual means of relief and which continued so incessantly as to become alarming, a blister applied over the pit of the stomach succeeded in removing it.

The reader should refer to the article on INFLAMMATION OF THE STOMACH, at pages 711-12, and should the vomiting proceed from extreme pain in the stomach, increased by pressure, with quick hard pulse and other symptoms of inflammation, then opium must not be given, excepting in conjunction with calomel, as at page 200, No. 112.

There is a peculiar affection of the stomach, called *water-brash* or *black water*, in which the patient brings up frequently a considerable quantity of thin watery liquor. This complaint attacks mostly persons past the middle age, particularly females and the fit comes on generally in the morning and forenoon. It usually begins with a pain at the pit of the stomach, attended with a sense of constriction, and soon after a quantity of thin, watery fluid is thrown up, which is sometimes insipid, at other times of an acrid taste. The causes of this complaint are various, but whatever debilitates the stomach may give rise to it in those so disposed. It appears to be owing to a peculiar state of stomachic debility and irritation; and is most certainly relieved by the use of the white oxide of bismuth, as No. 103A, page 197. This medicine will often perfectly cure *water-brasha*; but attention to the diet and regimen laid down at pages 196 and 345, is of much consequence, and will be absolutely necessary in order to render the cure permanent. A diet chiefly of animal food is the best here, with which may be

united the use of biscuits, home-made bread, tea, cocoa, and lime-water; and if it can be procured, mild home-brewed beer. Daily exercise abroad must also be taken, and friction with the flesh brush; over the region of the stomach and bowels, is of no small service. If the bismuth is not effectual, either of the pills, No. 102, 103, or 104, page 196-97, may be used as there directed and are often of great service. They may be taken alone or each pill be washed down with three table-spoonfuls of infusion of quassia, or columba.

VOMITING OF BLOOD

Vomiting of blood is a discharge of blood from the stomach, and is generally preceded by affections of that organ and of structures in its neighbourhood. There is often pain or uneasiness of the left side, with anxiety and a sense of tightness in the chest. The blood discharged is generally dark-coloured, grumous and often mixed with some of the contents of the stomach. It may occur in persons of a full habit and robust constitution, but is most common in those who are weakly or who labour under a faulty condition of the blood and obstruction in the liver.

Whatever greatly deranges the functions of the stomach or produces bad blood and internal obstruction, may give rise to it; and the *most frequent causes* appear to be grief, or other depressing or violent passions; costiveness, especially if occurring in a constitution in which the stomach is peculiarly irritable; blows on the region of the organ affected; fulness of habit combined with an intemperate mode of life. It is generally a symptom of something wrong in the general system.

It is, in general, easily *distinguished* from spitting of blood, by the blood being here brought up by vomiting, and by its being of a deep modena colour. It is also generally mixed with some of the contents of the stomach. In spitting of blood, on the contrary, the fluid discharged from the lungs is brought up by hawking, or coughing and is of a bright red colour.

TREATMENT—Give directly the powder, No. 130A, page 209, and repeat it in the course of a couple of hours, two or three times,

until it acts on the bowels, which it will do mildly and effectually. This powder should be continued about twice a day for the first three or four days, and after that every morning, taken in cold water. In all discharges of blood, *saline remedies* are of the first importance, as I have already stated at page 341. They relieve congestion in the circulation of the liver, unload the bowels, promote healthy secretions, and improve the quality of the blood.

If this powder is not effectual, give the patient the draught of ipecacuanha and Epsom salts, recommended at pages 857-58, twice or thrice a day, so as to keep the bowels gently open,¹ and observe the diet and regimen laid down at, pages 675-76. After the discharge of blood has been checked by these means, the tonic pills of sulphate of quinine, No. 115, page 202, or the iron mixture, No. 84A, page 184, should be entered upon, and taken thrice a days until the blood is improved, and the stomach and general system have recovered that degree of tone, which will pretty certainly secure the patient against the recurrence of the vomiting. During the time that these medicines are taken, and indeed for ever after, the bowels must be kept regular by the use of some gentle aperient, as No. 130A, page 209, or the Seidlitz powders. Persons of a costive habit, attacked with this complaint, must pay particular attention to this point. If the sulphate of quinine does not agree, it may be changed for the pills, No. 105, or for the steel mixture, No. 87C.Y. in the *Appendix*.

In cases of *emergency*, when nothing better is at hand, give half a tea-spoonful of common kitchen salt, and a quarter of a tea-spoonful of nitre, in cold water, and repeat it in half an hour.

If it be necessary, from the great discharge of blood, effectually to put a stop to the vomiting immediately, an emetic of twenty-five

1. "British practitioners, especially since the publication of Dr. Hamilton's Treatise (on purgative medicines), have placed great confidence in active purging, as the best mode of treatment in many cases of this disorder, more particularly in that form which occurs in young and middle-aged females, and is connected with uterine torpor, and a sluggish action of the bowels. In such cases, Dr. Bateman states (*Reports on the Diseases of London*, p. 150), as the result of his experience, that the success of this treatment is more decidedly conspicuous than in any other disease, in which Dr. Hamilton has recommended it."—*Dr. Godie, in Cyclopaedia of Practical Medicine*, vol. ii. p. 399, 1833.

grains of ipecacuanha powder should be taken, and if the first emetic fail to stop it, a second may be administered after an interval of two or three hours. This emetic is frequently of great service in the present complaint; but in order to render the benefit obtained from its exhibition permanent, in delicate subjects, the tonic plan just described must be entered upon without delay, and persevered in. This powder is applicable to the case of strong as well as weakly persons.

The superacetate or sugar of lead, also, is a powerful medicine here, as well as in all other profuse bleedings. If the circumstances of the case are particularly urgent, it may be the first remedy resorted to, and should be taken as described at pages 857-58.

Change of air and scene should be had recourse to, when practicable. The diet recommended under INDIGESTION will, in general, be the most proper, and an attention to the rules there laid down, and at page 345, for the improvement of the general health and strength, can seldom fail to be followed by satisfactory results.

WARTS

Warts are well known to be firm hard excrescences, growing from the skin. As they are adventitious substances, their powers of life are weak, and they may, consequently, be easily removed by the application of some strong stimulant to their surface. The best applications of this description are, the juice of cellandine, or of houseleek, concentrated acetic acid, and Goulard's extract undiluted (the solution of acetate of lead). If warts are touched with either of these liquids, once or twice a day, they will in general disappear in a short time. I rather prefer Goulard's extract.

WATER IN THE HEAD

Water in the head, as it usually appears, is an acute disease, and is unquestionably an inflammation of the membranes or vessels of the brain, mostly a deep seated inflammation. The effusion of water into the ventricles of the brain is merely a consequence of the

inflammation, and is, therefore, rather an effect of the disease than the disease itself.

The *chief symptoms* are, those of great constitutional irritation and inflammation of the brain, arising nearly in the following order. There is giddiness; momentary confusion from quick movement of the head; pains in the hands, feet, and nape of the neck; disturbed unrefreshing sleep, accompanied by talking or mumbling; impaired appetite and thirst; a scanty discharge by urine and stool; momentary changes in the colour of the complexion, and a disappearance of its natural bloom; heaviness of the head, a stumbling gait, without equilibrium and firmness; indifference to former amusements; peevishness; a natural pulse, only with a few pulsations weaker or omitted; fits of musing; sighing; dry skin.

In the second stage, when inflammation supervenes, the most remarkable symptoms are, a distressing pain in the forehead, pressing on the eyes, and continuing during sleep, which often alternates with pains in the belly and stomach, with little fever; retreating of the eye backward into the socket, and aversion to light; in sleep it is only half covered, with contracted pupil; great restlessness; increased heat of the head; a pale and otherwise altered countenance; dry nose; hard cracked lips a perfect absence of appetite and thirst; repeated vomiting; always increased by moving the patient; a peculiar foul smell in what is rejected; frequent sighing, and a peculiar foetor of the breath; obstinate costiveness; scanty turbid urine, with a white heavy sediment; acute bearing; pulse generally slow, sometimes quick, but almost invariably intermitting, irregular, and with weak, intervening strokes; a great falling in of the belly, without any increased discharge by stool; little or no flatulence; general and rapid emaciation.—I have said above, that there is rarely any fever in this stage, and these are the most common cases; but sometimes there is a vehement attack of fever, with convulsions, and other alarming symptoms of affection of the head.

These inflammatory symptoms may last from a few hours to two, four or six days, and even longer; and when not overcome by the remedies made use of, are followed by those which indicate

the effusion of water into the ventricles of the brain. When the effusion takes place, the restless desire for a frequent change of posture ceases, the patient lies on the side in an oblique posture, or on the back, and is observed to indulge in frequent movements of the legs, stamping against the bed clothes with one or both feet ; there is a gloomy earnestness of countenance; all the external senses, except hearing, are dull or annihilated; the glance of the eye is oblique or squinting, and the pupil dilated; the tones uttered are through the nose; the urine is passed unconsciously, but a stool can scarcely be procured; the pulse increases in irregularity and weakness; the breathing is more and more interrupted by sighs and deep moanings; the emaciation is extreme; and the heavy sleepy state in which the patient lies passes into a complete stupor. This state usually lasts for several days, and sometimes the little sufferer will regain his consciousness for a short period, and even take food and ask for playthings. But this momentary change is deceitful, and soon the fourth stage is ushered in by general convulsions, spinal cramps, palsy on one side, and violent fever, followed by hectic redness of the cheeks, blindness, efforts to vomit without effect, pulse extremely quick, weak and inter-mitting, difficult swallowing and death sweats.

The whole duration of this disease is, in general, from twelve to twenty-one days. Death seldom takes place earlier than the fourth stage. It is a very dangerous complaint, and the prognostic is always unfavourable. The disease being detected early and the proper remedies promptly applied; the symptoms having been subdued on the first or second day and not returning for two or three days during a perseverance in them; and a general steaming perspiration breaking out during quiet sleep, and continuing several hours, after the employment of the necessary remedies, are favourable circumstances.

Late interference, and ignorance of the nature of the disease, are the grand causes of the great fatality of water on the brain.

This disease chiefly attacks children under seven years of age. Injuries of the head in the birth,—the whooping cough, small-pox, and scarlet fever,—strong and continued excitement of the brain,

from severe application to learning,¹ or other causes,—great terror and anxiety in the mother during the last months of pregnancy,—and a scrophulous habit, dispose to it. And continued irritation from teething, or severe disorder in the stomach and bowels,—excessive cold applied to the head violent agitation of the brain from fall or blows,—violent vomiting, and suddenly suppressed discharges from ulcers, moist eruptions on the head, etc. are, perhaps, the most frequent causes which directly excite the disease. Almost any highly irritating cause may induce it in those disposed to it, but by far the most frequent source is a deranged state of the digestive organs. Most physicians suppose five cases out of six to originate from stomachic and intestinal irritation.²

Water in the head may in general be *distinguished* from worm fever, and other complaints resembling it, by strict attention to the symptoms above laid down, many of which do not occur in those complaints. In the irritation produced by worms, or severe disorder of the bowels, the patient sometimes eats greedily, generally drinks thirstily, and often passes large stools, either spontaneously, or from the operation of medicines, and also a great quantity of urine; the pulse is quick throughout; and there are other symptoms of considerable fever; perspiration is frequent after eating and drinking, and usual on every increase of fever; the hearing is dull; sleep is often sound; there is little wasting of the body for many days; the belly does not shrink, and flatus passes audibly; symptoms which are not found in the present disease.

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1. "The parents and instructors of children of a peculiarly precocious intellect should be made aware of the danger of early and protracted application. In such individuals it should be our object, if possible, rather to retard than to accelerate the development of the brain and of the mental faculties connected with it; and it is only by postponing the interests of their intellectual to those of their physical education, till the constitution has become established and the period of danger is passed, that this object can be obtained."—*Cyclopaedia of Practical Medicine*, vol. ii. p. 453, 1833.
 2. It is certain that in children the brain is the part most liable to suffer from the general irritation kept up by a deranged state of the digestive organs; for once that water in the head arises from other causes, it arises twenty times from affections of these organs, the pathological reason of which I have explained in my volume *On Infancy and Childhood*.

We frequently meet with children out of health, who look pale, have large bellies and large heads, appear stupid at times, have confined or irregular bowels, discoloured and offensive motions, and fall down occasionally almost senseless, and such children are often, but very erroneously, said to have water in the brain, although they may continue in this state, sometimes better and sometimes worse, for many weeks, and are able to walk abroad. It should be recollected, that water in the head, properly so called, is a highly acute disease, consisting of distinct stages, and almost necessarily confining the patient to the sick-room.

TREATMENT—As the immediate cause of this complaint is an inflammation of the brain, and obstructed liver, and the patient can rarely be cured but in the earlier stages of its progress, a vigorous purgative plan is clearly indicated in all cases and must be carried into effect without the least delay. The most effectual remedies next to purgatives are, calomel, cold applications to the head, leeches, blisters, and medicines which have a cooling effect, and determine to the surface of the body.

“The value of purgatives in its treatment can scarcely be over-rated,” an opinion of Dr. West (*Diseases of Children*, p. 100), in which I fully concur. Therefore give directly two grains of calomel and six of jalap, in currant jelly, and follow it up with a dose of the following mixture, every hour, until the bowels operate freely :

Take of Epsom salts	2 drachms;
Syrup of orange peel	2 drachms;
Carraway water	6 drachms.
Mix, and give two tea-spoonfuls every hour to a child three years old, until the bowels act freely.	

After the bowels have been effectually opened by the preceding means, they must be kept so by giving through the succeeding days the following mixture, and every night two grains of grey powder and three of rhubarb, in jelly.

Take of Nitrate of potash	10 grains;
Epsom salts	1 drachm;
Syrup of lemons	3 drachms;
Distilled water	9 drachms.
Mix, and give three tea-spoonfuls, thrice a day, to a child two years old.	

By these means a free action on the bowels and kidneys may be secured, day by day, which is of the first consequence.

Physicians now are fully convinced of the great value and necessity of active purging in this malady, more especially in the early stages. "While the disease is forming, there is generally," says Dr. John Cheyne (*On Dropsy of the Brain*, p. 47), "a defect in the functions of the liver. It seems to admit of only a scanty and imperfect formation of the bile, insufficient to stimulate the intestinal canal, which becomes torpid, and is sometimes loaded with foetid clay-coloured excrement. This state of the canal, in conjunction with the disordered condition of the liver, is, perhaps, one cause of the dyspeptic symptoms which are almost invariably present in the beginning,"¹ He adds, "The increased arterial action on the surface of the liver, the remains of which I have observed in my dissections, to every appearance, had been of some standing, and in two or three instances, from the extent of the adhesions, it evidently had been of great intensity." Therefore, the preceding purgative medicines demand the first attention, but don't give more calomel.²

1. "Purges have generally been given in this disease; but, when called early, what I recommend is the exhibition of the largest dose, which can with safety be prescribed, of some powerfully cathartic medicine, two, three, or four times a day, and this continued for several days, or until natural stools are procured. The advantage of keeping the intestinal canal under the continued influence of stimulus, I have, in various instances, found to be so great, I am induced to repeat the declaration of my belief, that the happiest result may be expected from this measure."—*Dr. John Cheyne on Dropsy in the Brain*, p. 96, 1808.
2. "Purging actively seemed to Abercrombie" (of Edinburgh), "to be the remedy which is of the most importance in all the forms of the disease; and though he sets a due value on the aid of venesection, he believes that more recoveries from head affections take place, under the use of very strong purgatives, than under any other mode of treatment whatever. He has found the croton oil one of the most convenient and effectual cathartics in diseases of this kind,
(Contd. on next page)

The patient should be placed in a roomy airy chamber, screened from strong day-light, with the head and shoulders slightly raised, and every kind of noise be avoided. Blood must be immediately and freely drawn from the temples, nape of the neck, and arm, by the application of leeches, and the use of the lancet, the quantity of blood drawn being in proportion to the age and strength of the patient and the severity of the symptoms. In very young children, a sufficient quantity of blood may be drawn from the top of the head by the free application of leeches; and it must be particularly noticed, that in all cases strongly marked, the abstraction of blood must be free and immediate, as this is a disease which will not admit of delay, and which cannot be overcome but by the employment of very active measures. As soon as the leeches have bled freely, the head should be shaven and be kept constantly covered with cloths wet with ice-water or vinegar and water. The coldest water should be chosen, and ice-water, when it can be procured, is much to be preferred. The cloths must be repeatedly renewed, directly they contract any warmth. The use of blisters is also advisable, but the head is not a proper place for them in any case of this malady, on account of their irritating qualities being likely to increase the irritation and inflammation existing within the head, if they are placed on, or very near it. They may be applied to the pit of the stomach, between the shoulders, or to the inside of the thighs, with the prospect of much advantage, especially after the painful symptoms about the head have been relieved by leeches, and the use of cold applications.

The continued application of cold water to the shaven scalp, is very likely to help us materially in arresting the increased activity of the circulation, provided it be used in the first stage. A cold lotion of spirit of wine and water (consisting of three table-spoonfuls of spirit of wine, and ten of cold water), may be freely applied to

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which are so often accompanied by great obstinacy of the bowels. Whytt" (the author of one of the first and most able publications on Water in the Head) "never saw even temporary relief of the symptoms produced by any other means than those which increased the evacuations; and Rush was likewise a strenuous advocate for the employment of medicines of this kind."—Dr. Joy, in *Cyclopaedia of Practical Medicine*, vol. ii. p. 468, 1833.

the head, or a bladder, filled with pounded ice, placed over it, and renewed as often as appears necessary. It is said, that the late Dr. Darwell, of Birmingham, had known cases which seemed utterly hopeless, recover by letting water drop in a small stream upon the scalp, and continuing it till the head no longer recovered its high temperature on intermitting the stream. This is a remedy more particularly applicable to well-marked cases, in which there is uncommon heat in the head, and it is similar in its nature and effects to the *cold-dash*, so strongly advised under INFLAMMATION OF THE BRAIN, at pages 687-88. Dr. Abercrombie, of Edinburgh, was a strenuous advocate for its utility in this disease.

In addition to the above measures, a mustard poultice may sometimes be advantageously applied to the feet, but bathing them with warm water is rarely advisable.

The diet must be very simple, light, and cooling, consisting chiefly of barley water, toast and water, and thin gruel. In raising the patient to take food, medicine; etc., all quick, rough movements must be carefully avoided. It is of no small importance that the patient should be kept perfectly quiet, and be seen by none but the few persons necessarily required to attend him, and that for some days after the disease has been subdued. In recovering, a return to his ordinary food must be made slowly and very cautiously.

The above I believe to be the best and most likely means of conducting the disease to a favourable issue. Some physicians have recommended foxglove to be given at the same time, and others have placed much dependence upon the free use of mercury externally, in the form of ointment rubbed into the arms and thighs. Foxglove is a doubtful remedy in well marked cases of this disease, and not worthy of any dependence; and rubbing in mercurial ointment cannot be relied on.

Should the practitioner be favoured to succeed in arresting the progress of the disease in its earliest stages, and the patient is evidently recovering, it is highly advisable that the blisters should be kept open for a few days; and in some instances, where the constitutional tendency to the disease seems very strong, it will be proper to make an issue, or pass a seton, in order to insure a perfect cure.

If the remedies employed in the above stages have occasioned a great deal of debility, the after treatment consists in giving small doses of infusion of bark, calumba, or gentian, with change of air. Half the draught, No. 35, page 158, may be given to a child, mixed with an equal quantity of water, and repeated twice a day, or small doses of the mixture, No. 82, page 183, may be administered in the same way. If great irritability of the arterial system, evidenced by a quick irritable pulse, etc. exist, foxglove may now be taken with great advantage in conjunction with the tonic. A child may take four or six drops of the tincture, in each tonic draught, for a few days.

Those cases of indolent affection of the head, noticed at page 547, which are so often, but erroneously, called water in the brain, and supposed to be the same with the present complaint; must be treated with purgatives, alterative doses of calomel, change of air, a very careful diet, etc., as advised under DROPSY OF THE HEAD; and thus they will generally be treated successfully.

WEN

A wen is a tumour contained in a cyst or small bag. It is moveable, and has a pulpy feel. There are several sorts of wen, the difference between them being occasioned by the difference of the matter contained in the cyst, which differs chiefly in regard to its consistence.

In regard to the treatment, it is not often any advantage arises from the use of local applications, and wens are therefore to be removed in general only by the knife. Sometimes, however, a strong stimulant frequently applied to their surface, will disperse them when small and recently formed; and of all stimulants electricity appears to be the most efficacious. Those who wish to try it, may have sparks drawn from the tumour, and slight shocks passed through it daily. A very strong solution of salt and water is likewise a powerful stimulant in some cases of wens, and has been known to bring them away by causing the cyst to open and discharge its contents. The surface of the wen must be bathed with this solution

very frequently every day. No benefit can be expected in less than a fortnight, and sometimes not sooner than a month or two. I am disposed to think this remedy worthy of more attention in those cases, than it has yet obtained. A great advantage attending it is, that it gives no pain or inconvenience of any kind.

The operation of removing wens by the knife is attended with much less pain than is generally supposed; and sometimes a large tumour of this description may be opened and turned out, with its cyst, with a very inconsiderable degree of pain.

For the swellings sometimes found in the front of the throat, see BRONCHOCELE.

WHITES

The complaint is technically called *Leucorrhoea*;¹ and consists in a discharge of a colourless, yellowish-white or greenish fluid from the womb and its passage. Frequently, the discharge proceeds from the mouth or neck of the womb, and not from its cavity. In the mildest cases, the discharge is mostly of a whitish colour, sometimes almost colourless, small in quantity, and unaccompanied with any irritation in the parts; but in the severer examples, it is yellow, greenish, or dark coloured, thin, sometimes very acrid, and highly offensive, and occasioning itching, smarting, and other local symptoms of a very irritating nature. In most cases there is pain and weakness in the back, and a sense of general languor; and when the disease is severe and of long standing, it is generally associated with an unhealthy countenance, weak stomach, general debility, and a dry, hot skin.

Sir Charles M. Clarke considers those cases where the discharge is whitish and opaque, becoming creamy when rubbed between the fingers, and rendering water turbid, to be owing chiefly to an inflamed condition of the *cervix uteri*, or neck of the womb. In these instances, there is rarely an abundant discharge, but much disorder of health and local pain are present.

1. There are numerous uterine diseases which give rise to discharges, and this should ever be borne in mind, for very often the term whites is applied to very dissimilar complaints.

It occurs most frequently in women of delicate constitutions, or in those whose strength has been greatly impaired by profuse evacuations, poor diet, sedentary living, grief, or other *causes* of exhaustion. It sometimes, however, arises chiefly from debility and relaxation of the parts themselves, in consequence of lard labours, frequent miscarriages, or other causes. Women of all ages are subject to it.

TREATMENT—It is not by local applications, but by internal constitutional remedies that this disease can be cured. The cure is generally difficult, and one principal source of this difficulty is an extreme inattention to the nature of the discharge, and more especially from neglect of perseverance in the use of remedies. See PROLAPSUS OF THE WOMB in the author's DISEASES OF FEMALES, for proofs of this. When a cure is practicable, we arrive at it only by slow degrees; and it is, therefore, highly necessary, when a patient experiences advantage from adopting any plan of treatment, that she should persevere with it.

Generally speaking, the principal object to be aimed at is to give firmness to the general habit, and strength to the weakened and relaxed membranes of the womb and its passage, by the employment of vegetable and metallic tonics, or stimulants, vegetable alteratives, cold bathing, astringent injections, pure air, and sufficient exercise, aided by a mild but nutritious diet.

The first thing to be done is to take one of the pills, No. 98, page 191, at bed time, and on the following morning a double dose of the mixture, No. 74C, page 177. Take this for three nights and mornings in succession; then begin with the acid mixture, No. 85A, page 185, twice or thrice a day. By these means, the liver will be roused to active secretion, and the bowels effectually cleared; and then the acid and bitter tonics will improve the general health, and diminish the discharge.

Dr. Rigby (*On Female Diseases*, page 101), says, "I know of no astringent tonic so powerful as the recent infusion of red bark (*cinchona oblongifolia*);" and he recommends the nitromuriatic acid to be taken in three table-spoonfuls of that infusion, twice or thrice a day, as in No. 84, page 184.

The cold hip bath should be used twice or thrice a week. Some very delicate women will find the most advantage from the tepid bath at about eighty-six degrees. Lime-water should be taken as common drink, or in the quantity of a pint a day, in divided doses; and a blister may be applied to the sacrum, or broad bone at, the bottom of the spine, and occasionally repeated. Whatever the general plan of treatment may be, the lime-water, bitters, and blisters are almost always applicable, and more or less serviceable.

Injections into the womb are seldom of service. If the patient wishes to try one, the simplest is the best—one drachm of extract of lead, added to one pint of cold water. A little of this may be injected, twice a day, by means of *Twinberrow's female syringe*.

If the above means fail, I would advise a trial of the following pills during the day, instead of the above bitter draughts, the other parts of the preceding plan being still strictly adhered to. These hemlock pills have been of eminent utility in many cases, and are particularly worthy of attention when great pain attends this disorder, and in cases where, from the irritation, tension, and heat present in the parts, we have reason to suspect an inflammatory condition to exist.

Take of Extract of hemlock, prepared in vacuo, 2 drachms;
Guaiacum, in powder 1 drachm.

Mix them, and divide the mass into thirty-six pills. Take one pill three times a day, for eight or ten days, then increase the dose to two pills.

The alterative pill, No. 98A, page 192, should also be taken every other night, at the same time, especially if the disease be obstinate, or there appears to be internal obstruction, or chronic inflammation. This pill is a valuable alterative, and will frequently be of great service in correcting the diseased action of the womb. It is applicable to most instances of the complaint, whether occurring in the young or old.

Of the tincture of Spanish-fly I think very highly : it is one of the most efficacious remedies, and may be taken in doses of thirty

or fifty drops, or more, thrice daily, in water. It should be increased in dose until it produces either scalding in making water, or a sense of heat in the parts, when it may be laid aside for a few days, and then resumed. *See my TREATISE OF THE DISEASES OF FEMALES.*

Preparations of steel or zinc are sometimes useful when the patient is weakly, and if the foregoing means are not found to be productive of satisfactory advantage, the pills, No. 102, 103, or 105, pages 196-98 or the mixture, No. 84A, page 184, may be tried. The chalybeate water of Tunbridge, Brighton, and other places, is proper in those cases, with which the steel pills agree. The muriated tincture of iron is an excellent form of taking steel in this malady. The dose is from twenty to forty drops, twice daily, in pimento water. *See No. 87C.Y. in the Appendix.*

The balsam of capivi will sometimes be a useful auxiliary to the preceding means. When the disease depends upon debility and relaxation of the general system, it can hardly be expected to succeed alone; but from its power of stimulating the uterine passages, it may sometimes materially assist in the general plan. It appears to be often useful when the whites follow the final cessation of the monthly courses, and are attended with a bearing down, and other painful symptoms in the parts. The manner of taking it may be learnt by referring to page 15.¹

When the discharge is of an acrid nature, and long standing, it will not be proper to attempt the suppression very quickly. In such a case, it will be advisable for the patient to take a purging draught, as No. 27 or 28, pages 155-56, every other morning, or three times

1. The efficacy of the Balsam of Copaiba in various affections, particularly of mucous surfaces, is well established; but hitherto the disgust created by its odour and its consequent operation on the stomach and bowels, has prevented its free employment. This seems now obviated by Jozeau's *Capsules*, or by *Howard's Aromatic Balsam of Copaiba*, that preparation being, it is said without injury to its properties, deprived of all unpleasant taste or smell. The proprietor states that it produces no disagreeable action on the digestive organs, and may be taken by those who have been unable to use Copaiba in any of its ordinary forms, neither can its presence be detected in the breath of those who are employing it. It is sold by Savory and Moore, Chemists, 143, New Bond-Street, and 220, Regent Street, London.

a week with the alterative pill, No. 98, every second night, for three or four weeks, and to use one of the astringent infections above noticed, reduced in strength by the addition of an equal quantity of water. These mild cooling measures are particularly eligible if the patient be of a full or gross habit, as a soluble state of the bowels is then found to afford very sensible relief, and opens the way for the more effectual operation of other remedies. If, in a case of long standing, the patient be reduced in strength, and of a feeble habit, the pills No. 100, or 101, may be substituted for the draught, No. 28, or the latter taken a little weaker than ordered at page 162, and she may take also the tonic draught of nitric acid and infusion of quassia once or twice a day. After the use of the opening medicine for the time now specified, the patient should have recourse to the hemlock pills, the balsam of capivi, preparations of steel, or the other means previously advised.

When the pain and irritation are considerable in this disorder, and these symptoms are not relieved by the foregoing measures, a pill composed of half a grain of opium, and a grain of calomel, will frequently give great ease. If necessary, it may be repeated every night, instead of the pill, No. 99; or instead of this pill, the compound powder of ipecacuanha may be taken in doses of three or four grains, and sometimes will be of the greatest use in mitigating the severity of these symptoms.

In some cases, which occur in debilitated persons, the application of a strengthening plaster to the loins, as No. 131 or 138, page 214, will be useful; or, when the discharge appears to depend on local relaxation, cold water may be pumped on that part every morning.

In the majority of instances, the diet should be nutritious, and in all it must be easy of digestion, and moderate in quantity. The general regimen advised under INDIGESTION, and GENERAL PRINCIPLES, page 345, is the most proper; and it is of much consequence the patient should never forget that a principal object in the treatment of her case is to restore firmness and health to the whole frame, by perseverance in the use of suitable diet, exercise, and change of air, in conjunction with internal medicine and local applications.

When the constitution is much disordered, it is in vain to endeavour to restore it to health by the employment of strengthening medicines alone; the diet and regimen must be strictly attended to at the same time, and it is too often from a neglect of these means, that women fail to gain much relief in the present disorder. If the patient be of a costive habit, the removal of that state should be accomplished by the use of the measures advised under *Costiveness*.

In my TREATISE ON THE DISEASES OF FEMALES, the reader will find more ample information on the difference subsisting in the various kinds of discharges which simulate *whites*, and also with respect to the treatment. Warm water is often useful as an injection, and advice on this point is given in that volume.

It has become a common medical practice in female complaints to institute ocular examinations, and to apply iodine, or some caustic to the mouth of the womb. This is a *very unnecessary* and objectionable practice. It may answer in a pecuniary point of view to the practitioner, but *it serves only to distress and injure the patient*. It never does any good, and I advise my fair readers to refuse both the examination and the application to the neck or mouth of the womb, or any other part. If the disease, whatever it may be, is not curable by *constitutional* remedies, and *outward* local applications, it will not be cured by such abominably bad practice as I have above referred to. Many physicians and surgeons, even in London, are in the habit of making applications directly to the womb for the *cure of whites*!—a most scandalous practice, of which they ought to be ashamed. I must refer the reader to my volume On *Female Diseases*, for further information on this point. Dr. Rigby used justly to denounce these practices as *dishonest—thoroughly dishonest*. To patients in London I recommend Dr. Ross, 11, Hart Street, Bloomsbury Squares or Dr. Waterworth, 6, Bengal Place, New Kent Road.

WHITE-SWELLING

This is a disease of one of the larger joints. It is mostly of a slow or chronic character, and occurs chiefly in the knee joint, although the elbow-joint, hip-joint, and even the ankle joint, are not

unfrequently the seat of it. In the present observations I refer principally to the disease of the knee-joint.

The *first symptom* is often a deep-seated, dull, heavy pain in the joint, which is not constant nor severe, but is usually much increased in using the joint. It is generally seated in one particular part of the joint. In white-swelling of the knee joint, the patient keeps the knee bent, and from the pain occasioned by extension, gets into the habit of only touching the ground with his toes. At first there is no external swelling or inflammation, but in the progress of the disease the knee swells, and gradually increases in size, but the skin is not at all altered in colour, and the swelling is generally so firm as to yield very little to pressure. In the slowness or rapidity of its progress, and in the severity of the pain, the disease differs much in different cases. Sometimes, the pain is very acute, and the swelling gradually attains to a very large size. In the end, collections of matter often form about the joint, and at length burst, and discharge a thin curd-like matter. But it is not unusual for the disease to continue for several years without the formation of any abscess, particularly if the patient has been under correct treatment.

When the disease goes on to a fatal termination, hectic fever arises, and destroys the patient, unless the limb be removed.

This disease mostly occurs in scrophulous subjects, and rarely after five-and-twenty, or thirty years of age. It is, however, not unfrequently met with in young persons whose constitutions are delicate, but who have never given any decided proof of a scrophulous habit.

When there is a constitutional disposition to the disease, a blow, fall, or any other kind of mechanical injury, may excite it into action. With such a predisposition, it is also not unfrequently induced by long continued disorder of the digestive organs, or whatever greatly deranges the general health.

There is a rheumatic affection of the large-joints, particularly of the knee joint, which in some of its symptoms resembles white-swelling, but which, although it is for the present, perhaps, quite as painful, is essentially different from the latter, and proves ultimately much more tractable. This rheumatic affection appears

mostly in young persons of a full plethoric habit who are disposed to other forms of rheumatism; and is induced by imprudent exposure to cold, or other accidental causes of that malady.

There are likewise other diseases of the joints, which differ widely from white-swelling, properly so called, but it would occupy so large a space in the present article for me to enter into a particular description of them, that I can only advise an immediate application to some professional man of superior judgment, such as Mr. Henry Smith, of Icing's College Hospital, whenever there appears any doubt respecting the real nature of the case. The chief of these diseases differing from white-swelling, are a thickened and otherwise diseased state of the internal membrane of the joint, called synovial membrane, which secretes the lubricating fluid of the joint,—an inflammation of this membrane, of a peculiar character,—a state of chronic disease in the joint, supervening an attack of healthy acute inflammation, which, from neglect, or improper treatment, has degenerated into an unhealthy indolent complaint,—and a *neuralgic* affection of the knee, in which there is very severe pain, but no swelling. *See NEURALGIA.*

TREATMENT—This disease is universally acknowledged to be of a serious nature, often difficult of cure, and always requiring great attention and perseverance. Here trifling is certainly followed by the loss of the limb, or the destruction of life; and the use of half-measures, or a want of perseverance in the employment of the most effectual remedies, never fail to disappoint the patient, and aggravate the disease. In treating white-swelling, it must not be forgotten that it is a disease of debility and poor blood, occurring mostly in delicate constitutions, and will, therefore, require the persevering use of those means which are capable of restoring firmness and health to the general system, as well as of those which are more directly calculated to arrest the progress of the local injury. I am desirous of impressing this view of the treatment on the mind of the sufferer, from being fully persuaded of its correctness and importance, and because it is too often overlooked. Local measures are of the utmost consequence, but general means, of an invigorating nature, must be resorted to at the same time, and it is from this

union, and from this alone in the majority of instances, that we can reasonably hope to conduct the complaint to a favourable issue.

In my opinion, one of the best plans of treatment that can be suggested is, to cover the knee with a poultice made of seatang, or the common sea-weed containing small bladders filled with a glutinous matter, bruised; to take rum and milk the first thing in the morning, and cod-liver oil, as prescribed at page 40, twice a day; and to allow a generous mild diet, consisting chiefly of animal food, eggs, biscuit, and good malt liquor—sometimes a little wine also. Sometimes the union of cod-liver oil and. quinine will be better. At the same time, the patient must have the advantage of a pure country air, and as much of it as can possibly be taken without exercising the affected limb; and he must retire and rise early, and sleep on the mattress. This poultice should be renewed twice a day, and, *at each removal, the joint should be well washed with a strong solution of salt and water, used cold.* A generous diet is highly proper, but care must be exercised never to load the stomach, or to take any indigestible food, however small in quantity, since excess or imprudence in these respects, will rarely fail materially and immediately to injure the joint. The generous diet ordered under INDIGESTION is the most suitable. The joint must be kept perfectly quiet, and the straight position of the limb is in general the best. In most instances, I would also give one of the pills, No. 98A, page 192, every other night. This pill has great power in relieving pain, and sometimes in arresting the progress of organic mischief; and is applicable to most cases of the present disease.

The sea-weed cataplasm, (or rags constantly wet with salt water), is, I think, one of the most efficacious local applications; but if it does not answer, a vinegar poultice, (made by stirring oatmeal into the best vinegar), may be applied in the same way. This will in a few days bring out some pimples on the surface of the joint, when it must be laid aside, and the pimples anointed, once or twice a day, with a stimulating; ointment, as No. 89, page 188, or washed with the lotion, No. 44, which will heat them and occasion a discharge. This discharge should be kept up as long as possible; but when the pimples disappear, cover the joint with a piece of soap plaster. After the pimples have disappeared, it will

often be advisable to renew the application of the vinegar poultice, and to proceed in the same course again, and that repeatedly. This poultice was highly thought of by Sir Astley Cooper.

The tartar emetic ointment, (page 56), is likewise a very useful application, and is much approved at the present day. It acts in the same way as the vinegar captaplast, and the object in using it is, to produce and maintain a discharge from the external surface of the joint, and thus to relieve the internal parts; but it has not appeared to me to be in any degree so useful as the sea-weed, or as rags wet with salt and water, kept constantly applied to the joint. Blistering is sometimes recommended, but it is not so useful as salt and water.

Iodine (page 70) has great power over some cases of the present disease, and is worthy of trial when other means fail. Indeed, it will often be advisable for the patient to commence with this medicine, particularly if the sea-weed cannot be procured. A drachm of the iodide of potassium, or of cadmium, or of lead, may be mixed with an ounce and a half of hogs lard, and about the size of a nut rubbed gently over the joint, night and morning, for ten days, when it must be discontinued for five or six days, and then resumed, and laid aside again for the same period, and so on as long as it is employed. I have lately found this ointment of very great service, as a local remedy in this disease. A solution of iodine may also be taken inwardly at the same time, if the symptoms are urgent; but it is a very active medicine, and must be used cautiously. The solution is formed by dissolving half a drachm of the iodide of potassium in an ounce and a-half of rose-water, of which a child of ten years old may take six drops twice a day, in infusion of chamomile, or decoction of sarsaparilla, or with the alkaline solution already advised. *See the directions at page 70.*

Should the cod-liver oil be refused, then preparations of steel may be tried, and are often of considerable service. The muriated tincture of iron is an excellent tonic, and may be taken in doses of twenty, thirty or forty drops, thrice a day, in an infusion of chamomiles. Or the pills No. 102, or 103, may be tried. Besides this class of remedies, the mineral acids, sulphate of quinine, and carbonate of soda, are sometimes taken with much advantage. When

the formation of abscesses excite fever in the system, the sulphuric or nitric acid is peculiarly eligible as a tonic and refrigerant. For the doses, *see* pages 129, 98. The sulphate of quinine pills No. 115, are proper; or, if there be much general irritation present, a grain or two of quinine may be made into a pill with three or four grains of the extract of hemlock, prepared in vacuo, and given thrice daily. If the hemlock is useful, which it frequently will be, the quantity now ordered may be combined, with great advantage, with a grain of sulphate of zinc.

The *iodide of iron* will often agree better, and be more beneficial, than either iodine or iron given alone. It combines these two valuable medicines, and may be given as a tonic, having a salutary influence over the capillary system, in doses of from twenty to forty or sixty drops of the solution, thrice a day, in water. This solution is well made by Mr. Squires, Chemist, Oxford Street, corner of Duke Street, but it may also be obtained from Allen's, Plough Court, and most able chemists. Davenport's *Syrup of iodide of quinine and iron* is still more efficacious in many instances. The reader may turn with advantage to my remarks respecting this preparation under the head of Scrophula. The dose is from half a tea-spoonful to a tea-spoonful, two or three times a day, for an adult.

Unless considerable inflammation is actually present, never apply leeches. Rags dipped in the coldest water, or salt and water, and frequently renewed, will be the best means to reduce all ordinary inflammation. They will do it without weakening the joint.

Sea-air and sea-bathing have long been regarded as valuable auxiliaries to the foregoing plans,—certainly they sometimes prove of material service; but particular parts of the coast do not agree with certain individuals, and, therefore, if on making a removal of this kind, the patient grow worse, I would by all means advise a removal to Malvern without a moment's delay;—indeed, it is better to go thither first. Malvern Wells and Epsom are very eligible situations for such patients, on account of the purity of their water, and the uncommon salubrity of the air.

I have said above, that perfect rest should be observed, and it

is material that the patient should attend to this advice.¹ If by keeping the joint constantly at rest, it should become stiff, this stiffness may often be entirely removed by active friction for an hour or two every day, after the patient has perfectly recovered. Of course it must not be attempted till the disease has been entirely subdued.

In DISEASE OF THE HIP JOINT, the leg and thigh of the affected side appear lessened in circumference, and the limb is elongated, in the commencement, but afterwards it becomes shorter than the sound limb; all the motions of the joints are impeded and painful; if the surgeon attempts to turn the limb inwards, it occasions particular pain; and great uneasiness is felt when, after laying the patient on his back, pressure is made on the front of the joint, near the groin, or if he lies on his face, and the pressure is made on the back part of the joint.

The treatment of the disease is similar to that just recommended for white-swelling of the knee joint. Caustic issues, or a perpetual blister, with perfect rest, are the remedies most frequently used, particularly if the disease be of some weeks standing; but surgeons have not so much confidence in them now as formerly. In the very commencement, leeches are useful if much pain or uneasiness attend; but I am disposed to think *perfect rest*, and cod-liver oil, are the best means of cure.

WHITLOW

Whitlow is an inflamed and exceedingly painful swelling, terminating in an abscess by the side of a nail. The excessive pain and irritation produced by this little swelling, arise chiefly in consequence of its situation under the nail, and thickened skin at

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1. To obtain rest for an inflamed joint is one of our grand principles in the treatment, and no good can be done without it : it is curious to observe how nature herself directs this; for where a joint is diseased, the muscles which act upon that joint have lost their power : thus, if a man has an inflammation of the wrist, and you put your hand into his, and desire him to squeeze it, you find that he cannot do so, or that the attempt is exceedingly feeble. In inflammation of the joints of the lower extremities, the muscles of the part in like manner lose their vigour." —*Astley Cooper's Lectures*, No. 6.

the end of the finger or toe, which from their unyielding nature, confine the inflamed part, and prevent its coming properly forward, and discharging the matter formed.

Whitlows so frequently trouble some persons as to prove, that they are produced by constitutional indisposition; but the most usual causes are of a local nature, especially bruises, pricks with a sharp-pointed instrument, and other, ordinary sources of inflammation.

TREATMENT—A principal point in the treatment of this complaint is, to soothe and soften the part affected by the free use of warm fomentations and poultices, which render the nail and skin supple, and thus assist in the formation of healthy matter, and its free discharge. If the inflammation be considerable, it will sometimes be advisable also to apply a leech or two to the part; and when the pain and irritation continue severe, notwithstanding the employment of these measures, a grain of opium and a grain of calomel should be made into a pill, and taken directly. It is very proper for the patient to take this pill at bed-time, if the pain be so great as to threaten him with the loss of rest. In most cases it will be useful to take a little opening medicine, as No. 28, or 74, pages 156, 176, as soon as the whitlow is detected.

After fomenting and poulticing well, an early opening should in general be made, by putting the point of a lancet into the most prominent part of the swelling, if the abscess does not burst spontaneously; and the nail ought to be paired away as thin as possible, and if there be any portion of it loose, it should be removed. In this way, pressure on the part will be much lessened, and a free outlet be afforded for the escape of matter. When the abscess has burst, or been opened, it is proper to continue the warm poultice for a day or two, or longer, renewing it every eight hours; and after that time, if the ulcer goes on well towards healing, it may be dressed with Turner's cerate, (No. 95, page 190,) or the saturnine ointment, No. 94, twice daily. But should it prove troublesome after bursting, and the poultice appear to have very little effect upon it, I would advise the patient to lay a small blister over the whole of the affected part. This occasions an increased discharge from the ulcer, gives a

new and salutary stimulus to the diseased parts, and is attended with immediate and manifest benefit. After the blister has been on twelve hours, it may be removed and the surface dressed with spermaceti cerate, or the ointment, No. 94, until it is well. If the complaint be obstinate, it may require the application of two or three blisters before it will heal effectually.

One kind of Whitlow is to be met with in which, notwithstanding the most excruciating pain, there is little swelling in the affected finger, but a vast deal in the hand and wrist, and even over the whole fore-arm. Here the disease is situated in the tendons and their sheaths, and a free incision must be made into the affected parts very early—not later than the third day; otherwise the tendons will be destroyed. This will afford speedy relief.

Fungus, or proud flesh, sometimes arises in these cases, but it is not advisable to apply caustic to it. If the patient proceed in the manner above described, this fungus will disappear.

Those who are frequently troubled with Whitlow, should enter on a course of the pill, No. 98A, every other night, with the pill, No. 104, or No. 115, or 103, twice a day; or, if that course does not satisfactorily improve the general condition the sarsaparilla powder may be tried, or No. 84A, page 184. Cold bathing also is excellent, and so is a tumbler full of rum and milk the first thing in the morning, with a nutritious diet daily.

WORMS

There are several kinds of worms which infest the intestinal canal of man, but the chief are the *ascarides*, or small white thread worms (varying from the eighth of an inch to an inch and a half in length), mostly found in the rectum, or last gut; the *lumbrici*, or long round worms, usually found in the small intestines; and the *toenia*, or tape-worm, which occupies the upper part of the intestinal tube, and is occasionally found in every part of it. The *lumbrici* are from two or three to ten or twelve inches in length, round, of a yellowish-white or brownish-red colour. The *toenia* are of two sorts; one, the common tape-worm, which frequently acquires a length

from thirty to forty feet, and more; the other is passed off in pieces of a greater or less number of joints, or in single joints, bearing a considerable resemblance to the seeds of gourds.

Worms can hardly exist in so sensible and highly organized a part as the intestines, without producing some degree of irritation there, and we are certain that irritation cannot take place in that canal without producing, sooner or later, and in a greater or less degree, disagreeable effects in various parts of the system, and especially in the stomach and head. Hence these animals frequently occasion a variable appetite, which is sometimes deficient, at other times voracious; pains in the stomach; fetid breath; nausea; head-ache; vertigo and giddiness; cough; irritation about the nose and anus; disturbed sleep; and a disordered state of the bowels. In children, hardness and fulness of the belly frequently occur, with frequent slimy stools, and sometimes convulsive fits. In adults, as well as in children, worms not unfrequently give rise to severe epileptic fits; and sometimes occasion great emaciation.

Worms most frequently appear in those of a relaxed habit, especially in those whose digestive organs are weak; and an excessive use of vegetable food, of fruits, of sugar, or any other. saccharine or highly nutritive substance, very strongly favours their generation. The reason why children are more infested with them than adults, appears to be chiefly because they are allowed to indulge in eating sweet things, to the partial or total neglect of salt. (See page 45). That worms are vastly more common in some countries or districts than in others is unquestionable. It is said that in Savoy and Chambray, also in Holland and Switzerland, they are remarkably common in every class of society. In Switzerland, the abundant use of milk and cheese is supposed to be the principal cause of this condition.

Simple disorder of the stomach and bowels will often produce all the symptoms above described, and, in some cases, it is difficult to ascertain whether worms do or do not exist in the bowels, when none have ever been discharged. In such instances, we can determine the real nature of the case only by an attentive consideration of all the symptoms, and the patient's habits, more particularly with respect to the use of food.

TREATMENT—The fundamental principle in the treatment of worms is, to strengthen the system generally, and the stomach and intestines in particular, and thus not only to dislodge them, but to render them incapable of reproduction. On this principle, it will be found almost invariably, that those medicines and plans of treatment are the most eligible, which tend directly to invigorate the whole constitution, at the same time that they expel the worms; and the principal remedies of this kind are, salt, preparations of iron, sulphur, and camphor, employed in conjunction with a suitable diet and regimen.

A great deal has, at different times, been said about the efficacy of certain medicines in the cure of worms, which I have not now named, but I believe that there are few cases which will resist the proper use of salt, more especially if the usual means of strengthening a weakly constitution be resorted to, and saccharine substances be avoided as much as possible. Salt is a natural and necessary stimulant to the digestive organs; it excites them to a healthy and vigorous action, and is particularly obnoxious to all kinds of worms. I would, therefore, advise persons troubled with these animals to increase their quantity of salt at each meal; to lessen that of every kind of sweet food; to avoid partaking much of vegetables; to regulate the bowels by the occasional employment of a mild pill as No. 100 or 101, pages 193-94, and to avail themselves of the usual means of strengthening the general habit, by having recourse to active exercise daily, early rising, the use of the cold or tepid bath, etc. These measures are highly advisable and useful, whatever kind of medicine be employed, and this is a point which I wish the reader to bear in mind. At the same time a dose of salt and water, for example, an ounce of common salt dissolved in nearly half a pint of water, should be taken in the morning fasting, and repeated at the end of three or four days. This will generally act as a purgative, and will certainly bring away almost every kind of worm. If necessary, the repetition may be extended to the third or fourth time, and in very severe cases, the quantity of salt used at each dose may be increased to three ounces.

This plan is applicable to the cases of children, as well as to those of adults, and, from what I have before said, it will be

perceived how necessary it is for them to be restricted in the use of sweet things, and be taught to make a free use of salt at almost every meal. As a purging portion for young children, half an ounce of salt dissolved in a quarter of a pint of water, will usually be sufficient :¹—or the flowers of sulphur may be tried. Some medical men have recommended sulphur as a very efficacious remedy for the destruction of the small thread worm, and I have confidence in it.

Preparations of iron are sometimes very useful in expelling these animals, and in strengthening the alimentary canal so as to preclude their reproduction. They are, in general, very appropriate remedies when considerable debility has been induced from the irritation excited by the worms. Therefore, if the patient be averse to using the salt and water purgative, he may take the pills No. 102, page 196, not forgetting to attend, at the same time, to the advice given above respecting diet and regimen. In taking these pills; the quantity of carbonate of iron should be gradually increased to double what is ordered at page 196.

Camphor has been highly praised for its virtues in cases of worms, by many eminent physicians. An Italian physician of the name of Brera, who has lately published an approved work on

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1. In 1832 I met with an extraordinary case of indigestion, in which surprising and satisfactory effects followed the use of salt as a medicine. The gentleman who was the subject of this case, was led by what is said of salt in the first part of this book, to take a small tea-spoonful of it twice or thrice a day, with a view to give tone to the stomach, and to excite a new action in it, he having for fifteen years suffered more than words can express, from uneasiness in that organ, depraved digestion, and nervousness. After he had taken the salt a few days, he began in the morning to feel as if something wanted to come away, and calling for a hand-basin he threw up a small clot of dark-brown stuff, composed of salt and secretion from the stomach : this was repeated for several mornings, and at length he brought up a living creature in the middle of one of these dark masses, which, on inspection, was found to be a live spider of a peculiar shape and character : it lived several days, and is now preserved in spirit. In a day or two after, he threw up what appears to have been the nest or defence of the spider, presenting the appearance of a long cone of tough coagulated albuminous matter. His general feelings since, he describes to be as different from what they were formerly as can well be conceived.

verminous diseases, has great confidence in it, and asserts that he has always employed it with marked success. Eight or ten grains of this substance may be dissolved, by means of a few drops of rectified spirit of wine, in an ounce and a half of water, and taken twice or thrice a day. This may be tried alone, or taken in the intervals between the use of the salt, and water purgative. It appears to be particularly efficacious in the destruction of the long round worms (*lumbrici*).

For tape-worm, the oil of turpentine is an effectual remedy. An ounce may be given to an adult, or half an ounce to a child, and may be repeated to the second or third time in the course of a fortnight. It may be swallowed simply suspended on water. It is seldom advisable to repeat it more than three times, unless under the direction of a medical practitioner.

Lately the pomegranate bark has been found very useful in obstinate cases of tape-worm. Although it is only lately that it has been much recommended in this complaint, yet it is a very ancient remedy, and was highly extolled by Celsus, *De Re Medic. lib. iv, cap. xvii*. It appears to have advantages over the oil of turpentine, from its being quite harmless, not nearly so disgusting, producing its effects with great rapidity, and in not requiring any preparative treatment. The mode of administering it is, by boiling two ounces of the bark in a pint and a half of water down to a wine pint, the whole of which is to be taken in the course of the morning, fasting, in four draughts, with an interval of half an hour between each. Sometimes it will bring away the worm on the first day; in other cases it is necessary to repeat the medicine to the second, third, or even fourth time, precisely as above directed.

In the small white thread worm, so often infesting the last gut in children, half a pint or a pint of lime-water should be injected once a day, and the purgative, No. 120, page 205, or a dose of castor oil, be given once a week for three or four weeks. Or, instead of tile lime-water, a strong decoction of worm-seed, or a solution of salt and water, may be injected after the same manner. This plan is generally successful.

The bristly down of the pods of cowhage is also a powerful remedy for worms. It may be taken as directed at page 45.

A great number of other medicines have been recommended, as tin-filings, male-fern, tansy, rue, tobacco, etc., and several of them are effectual; but the preceding remedies are, perhaps, the most powerful and the best, and so very rarely fail in affording satisfactory relief, that it does not appear to me advisable to take further notice of any other. The male-fern is very efficacious. The mode of administering it is described in my TREATISE ON DISORDERS OF CHILDREN. The employment of koussou is described at page 77.

Ching's Worm Cakes, and other patent medicines sold for the cure of worms, are composed chiefly of calomel or some other active purgative. They are, no doubt, sometimes beneficial, but the foregoing measures are far more eligible, and those who adopt them will find no need of resorting to any secret preparation.

The best diet for persons troubled with worms is that recommended for INDIGESTION, at pages 660-65. Although I have so high an opinion of the virtues of salt in killing these animals, I would not be understood to advise the use of salted meat. Plenty of salt eaten with fresh animal food is good, but salt meat is very objectionable.

WOUNDS

When large, they of course require the attention of a surgeon. When small, the best treatment is as follows : Bring the lips of the wound as closely together as is practicable, then with strips of adhesive plaister keep them united, and lay, over the whole a rag dipped in cold water. This should be renewed five or six times a day, or oftener, so as to repress the inflammation and keep the wound as cool as possible. The strips of plaister, probably, need not be removed oftener than three or four days. The patient should take the draught, No. 27, page 155, two or three mornings in succession.

Wounds from fish-hooks. Mr. South gives the following sensible advice : "Persons unskilled in such matters, think it proper to wriggle the hook about, and then pull it out, as they would from a fish's mouth. This is an unfitting and painful mode of treatment, for the barb of the hook cannot be freed from the flesh without

dragging away some of the soft parts in which it is entangled. The readiest and least painful mode of managing this accident is, first, to grasp the hook tightly, and with a sharp knife rip off the line and clear the stem of the binding silk; then press the blunt end downwards, so that the point should be made to travel onwards till it penetrates the skin and frees the barbed point, which is then to be taken hold of, and the hook drawn out through the last made wound. Rarely any inconvenience beyond a few hours smarting follows the accident, if thus managed. A poultice should be applied to the part if painful."

YELLOW FEVER

The disease called yellow fever is a remittent fever, of a very severe character, occurring in the West India Islands, and other hot climates, and is so termed from the yellowish suffusion of the skin with which it is accompanied. By remittent fever is meant, one in which evident remissions in the severity of the symptoms can, at certain times, be perceived, although there is no complete interval from fever.

It has been called by various names, chiefly according to the places at which it has raged, and proved particularly destructive, and, therefore, we have, at different times, heard a great deal of the Saint Domingo, Philadelphia, Cadiz, Vera Cruz, Barbadoes, and Jamaica fever; but these are all essentially the same disease, originating in similar causes, displaying like symptoms, and requiring nearly the same plan of treatment. This is the fever which proves so frightfully destructive of human life at Sierra Leone, and other points on the African Coast, at Batavia, and all the other unhealthy islands of the East.

Physicians are generally of opinion, that there exists no difference whatever in kind, but merely a difference in degree, between yellow fever and the common remittent fever of the climate.

In taking a brief view of the *symptoms*, we may state them to be nearly as follows, viz., weariness and languor; faintness,

giddiness, and pain in the head; chilliness, succeeded by a general heat, flushings of the face, and strong beating of the arteries of the neck and temples; excessive thirst, redness, heaviness, and burning in the eyes; frequent, small, oppressed pulse; nausea; the skin dry, or covered with a clammy moisture; great restlessness and anxiety; and a peculiar expression in the countenance of inward suffering. To these symptoms succeed a quick, hard, tense, pulse; burning fiery heat of the general surface; the countenance is highly flushed; the eye muddy and inflamed; the urine scanty; frequent sighing, and indescribable fidgetting; burning heat in the stomach, and violent retching; a yellowish tinge appears about the neck and angles of the mouth, and by degrees spreads itself over the whole surface of the body; the tongue is clean and red on the edges, but furred in the middle; the mind is confused, and sometimes delirium arises. After this the animal heat falls below the natural standard, the pulse abates in frequency and force, and a general torpor of body, and indifference of mind, become conspicuous. The vomiting is copious and not to be restrained, the matter brought up being either like muddy coffee, of a faint brown with a tinge of green, or quite black; the delirium often rises high at this period, and the patient is outrageous; bleeding from the nose, ears, gums, and bowels generally occurs, and is followed by faltering speech, stupor and death.

In the abatement which takes place towards the close of the first fourteen or twenty-four hours, the appearances are often flattering, but unless the disease has been previously treated with effect, the symptoms return with increased violence and destroy the patient.

Undoubtedly the *chief cause* of this fever, in whatever part of the world it appears, is *marsh effluvia*, or the noxious exhalations arising from marshes and swamps; it may also be excited by the exhalations from masses of any vegetable matter in a state of putrefactive decomposition, although there are no swamps near. It appears to be principally owing to the extent and number of the swamps round and on the Coast of Africa, of Java, Mexico, and other places within the tropics, that this fever proves there so frequent and so fatal.

The documents sent home from abroad prove two points of great practical importance, viz., first. That even within the limited range of the marsh poison, its power is nearly inert during the day; secondly. That when nocturnal exposure has given rise to the disease, it is not contagious.

It is not contagious under ordinary circumstances, but may become so if a number of the sick be crowded together, and especially if free ventilation be not resorted to, and the accumulation of filth be permitted.

TREATMENT—Generally speaking, yellow fever commences with symptoms of high excitement in the system; in other words, it is of a highly inflammatory type, and then the most efficacious remedies are purgatives, especially saline purgatives, (as a Seidlitz powder, with two tea-spoonfuls of Epsom salts, in cold water), the effusion or ablution of cold water, free ventilation, and salines with quinine.

When, therefore, a patient, more especially if young and strong, is attacked with head-ache, giddiness, flushings of the face, full strong pulse; and other symptoms denoting an invasion of yellow fever, he should take a dose of the purging physic just mentioned; a large blister should be applied between the shoulders or down the spine,¹ and his drink should be *small quantities* of mild diluting drinks, as gum-water, barley-water, toast-water, tea., or lime-water and milk. James's powder is an excellent medicine, which may be given in doses of five grains, three times a day. If, by the use of these means, the symptoms are greatly relieved, and the attack appears likely to be overcome, the Seidlitz powder must be repeated once a day, or once in two days, and the same plan, of dilution, by drinking freely of some simple drink, be continued till recovery is insured. At the same time the whole surface of the body should be washed, twice a day, with cold water, or the patient stripped naked,

1. "Mr. Linton of the Royal Navy, states in a report from Jamaica, dated Sept. 1830, that having placed a blister the whole length of the spine in a certain number of cases, the irritability of the stomach was relieved in all except one. Their application to the head is sometimes found beneficial in protracted cases accompanied by affection of the brain"—Dr. Gillkrest in *Cyclopaedia of Practical Medicine*, Vol. ii. p. 280, 1833.

and the coldest water thrown over him, in the manner, and at the times, advised under Typhus; his apartments should be well ventilated; his bed clothes and attendants few, and every other source of irritation avoided.

We must be cautious in the use of purgatives, from the high grade of inflammation certainly existing in the stomach; and therefore the *Seidlitz powders* will be found one of the very best aperients, for they neutralize the acid in the stomach at the same time that they open the bowels. If the Seidlitz powders cannot be procured, take a tea-spoonful or two of Epsom salts every morning in water. Sea-water is likewise a valuable medicine taken daily, if the Epsom salts or Seidlitz powders are not taken. This state of inflammation leads us to advise the application of leeches to the region of the stomach, as a likely means of allaying the vomiting, and otherwise benefiting the patient. Six grains of nitre, thrice a day, in water, is an admirable medicine. It reddens the colour of the blood, and augments its power of stimulating the heart.

Dr. Stevens, who practised for many years in the West Indies, says the best treatment is to give the following salines :

Take of Carbonate of soda	1 scruple;
Common salt	15 grains;
Chlorate of potash	7 grains.
Mix, and give this in barley-water, every three or four hours.	

Do not give calomel; it is an abominably bad practice. Let the patient have the Seidlitz powder and the salines, as already advised, and as soon as a remission of the fever occurs, give quinine, or a decoction of bark, thrice a day. *See* pages 591-92.

In the yellow fever which raged so virulently at Carthage some years since, and which carried off thousands of the inhabitants, it is a well ascertained fact that the rich and more respectable inhabitants, who were largely dosed by the physicians, died almost to a man, while the poor, who had little or no physic given them, beyond a little sea-water daily, as commonly recovered. The simplest and most sustaining treatment of the fever is the best.

If *diarrhoea* supervene during the convalescence, give the pills of calomel and Dover's powder ordered under DYSENTERY.

For vomiting and burning heat at the pit of the stomach, give half a drachm of carbonate of soda occasionally in water. Carbonate of soda is an excellent medicine in yellow fever.

The most grateful drinks are spruce or ginger beer, and Hock or Claret wine and water, made weak.

If, by the use of the preceding remedies, we are favoured to check the progress of the disease, great care will still be requisite to restore the patient from the state of extreme debility to which he is reduced. In this period, quinine, bark and wine must be given, the washing with cold or lukewarm water be continued, and the patient freely exposed to an open pure air. In the use of bark and wine, we must be regulated by the principles laid down under GASTRIC FEVER. In the state of extreme weakness induced by yellow fever, it seems that stimulants may be more freely taken than would be proper or safe in typhus or typhoid fever.

A free exposure to the purest air attainable is of great moment in every case and stage of the present fever, and in the advanced periods is, perhaps, more to be relied on than any other resource. It is, consequently, highly advisable, that when a patient is attacked with the disease in a low unhealthy situation, he should, if possible, be directly removed to a higher and more healthy spot, and there have the advantage of as much of the air of the day as can be given. In general, no danger need be apprehended from removing a patient labouring under yellow fever through the open air; on the contrary, such an exposure is very generally more or less beneficial.

In some situations in sultry climates, as in the Gulf of Persia, and at Cape Coast Castle, and perhaps other places on the African Coast, yellow fever sometimes commences and proceeds with the symptoms of great general depression and debility, the high inflammatory symptoms being nearly or altogether absent and in this case our great dependence must be upon the free use of Seidlitz powders, carbonate of soda, quinine, and bark, frequent washing with cold water, change of air, and the use of wine. *See page 578.* Cold drinks are also proper. If it can possibly be done, remove the

patient at once from the place he is attacked in, to one possessing a better air—an air dry, bracing, and free from swampy exhalations. This will frequently prove the means of saving life.

SPLEEN, UVULA AND TONSILS

These being complaints especially troublesome in childhood, and my space not permitting me to notice them in this volume, the reader will find them taken into ample consideration in my publication ON INFANCY AND CHILDHOOD, to which, I am, therefore, constrained to make reference. But I avail myself of this opportunity to recommend those who suffer severely from throat affections, to consult Dr. Yearsley, of Savile Rows who has ably written *On Throat Ailments*. He has certainly paid great attention to this class of complaints, and I believe him to be much experienced in their management.

At the same time, I would warn my readers against certain men who for consumption and cough are fond of *mopping* the windpipe and larynx, pushing down a probang into the windpipe and cauterizing its internal membrane—a horrible practice, that cannot be too severely condemned. Such men are among the pests of society.

DISEASES OF THE HEART

The subject of Diseases of the HEART was overlooked in the former editions of this volume, and it is thought advisable from its large size, not to introduce the subject here, but to append it to the Author's book on the DISEASES OF FEMALES, where the reader will find it treated of at length; indeed, my readers will derive this advantage at least from its being introduced into that volume, that they will find it occupying much more space than could be allotted to it here, a quantity of matter more than double what is ordinary being there introduced, with a notice also of the *sympathetic affections* of the heart. Sympathetic disorders of the heart are now so frequent, as to make it a subject of considerable interest and importance. Exercise and quietness are the grand remedies.

CORPULENCE

A sure way to reduce corpulence is to abstain from bread, butter, milk, sugar, beer and potatoes. These articles contain starch and saccharine matter, which tend to create fat. The following diet may be taken with great advantage, viz.

For Breakfast—4 or 5 oz. of beef, mutton, kidneys, broiled fish, bacon or cold meat of any kind except pork, a large cup of tea (without milk or sugar), a little biscuit or an ounce of dry toast.

For Dinner—5 or 6 oz. of any fish except salmon, any meat except pork, any kind of poultry or game, any vegetable except potatoe, one ounce of dry toast, fruit out of a pudding and two or three glasses of good claret, sherry or madeira—champagne, port and beer must not be touched.

For Tea—2 or 3 oz. of fruit, a rusk or two and a cup of tea without milk or sugar.

For Supper—3 or 4 oz. of meat or fish, similar to dinner, with a glass or two of claret or sherry.

N.B. Heavy quilts and counterpanes I disapprove of as coverings for beds; but have pleasure in recommending the DOWN QUILTS made by Booth and Foxe, 80, Hatton Garden, as light, warm, elegant and inexpensive.

In order fully to understand what is said under COSTIVENESS, and in other parts of this volume, in regard to the situation and functions of the stomach and liver, and the course and functions of the large intestines, engravings are necessary and they will be found in the author's book ON THE DISEASES OF FEMALES. An Engraving will also be found there, showing the different regions of the abdomen; and an explanation or glossary of Medical Terms.

MEDICINES COMMONLY USED IN DOMESTIC PRACTICE

WITH THEIR PROPER DOSES FOR ADULTS AND CHILDREN

In proportioning the dose of any medicine to the age of a child, it may be assumed, as a general rule, that a patient of fourteen years of age will require about two thirds of the quantity proper for an adult; if seven years old, one half; if three years, one fourth, and if twelve months, one eighth.

About sixty drops make a tea-spoonful—one drachm is equal to a tea-spoonful—and half an ounce to a table-spoonful.

MEDICINES	DOSES		
	Children from Adults.	Proper vehicle, etc. 2 to 4 Years	
Alkaline solution	½ to 1 drachm	5 to 10 drops	in water
Aloes	10 to 20 grains	not suitable	in pills
—compound tincture of	1 to 5 drachms	10 to 40 drops	in water
—etherial tincture of	3 to 5 drachms	ditto	ditto
Alum	10 to 20 grains		ditto
Ammonia, sesqui-carbonate of	4 to 10 grains	2 to 4 grains	in almond emulsion
Antimonial powder	5 to 10 grains	1 to 2 grains	honey or jam
Antimony, precipitated sulphuret of	1 to 3 grains	½ to 1 grain	conserve or jam
Antimonial wine (as an emetic)	3 to 6 drachms	1 to 2 drachms	in water
—(as an alterative)	15 to 25 drops	4 to 6 drops	in barley water
Aromatic confection	10 to 40 grains	2 to 10 grains	in cinnamon water
—powder	5 to 10 grains	1 to 6 grains	in water
—tincture	½ to 3 drachms	¼ to 1 drachm	ditto
Assafoetida gum	8 to 30 grains	2 to 5 grains	in pills
—tincture	1 to 2 drachms	10 to 40 drops	in water
Balsam of capivi	10 to 60 drops	2 to 6 drops	in mucilage
—Peru	10 to 30 grams	2 to 5 grains	ditto
—Tolu	ditto	ditto	ditto
Bark, in powder	10 gr. or to 1 ½ dr.	2 to 10 grains	in water
—decoction of	1 to 4 ounces	2 to 4 drachms	
—compound tincture of	ditto	20 to 30 drops	ditto
—infusion of	ditto	2 to 6 drachms	
Calomel (as a purgative)	2 to 6 grains	¼ to ½ grain	in jam
—(as an alterative)	1/10 to ¼ grain	not suitable	ditto, daily
Camphor	3 to 20 grains	1 to 4 grains	in a pill
—julep	1 to 2 ounces	2 to 3 drachms	
Canella Albs, powder of	10 to 30 grains	2 to 4 grains	in water
Cardamoms, compound tincture of	½ to 2 drachms	10 to 20 drops	ditto
Cantor, powder of	5 to 20 grains	2 to 4 grains	in pills
—tincture of	½ to 4 drachms	10 to 20 drops	in water

MEDICINES	DOSES		Proper vehicle, etc.
	Adults.	Children from 2 to 4 Years,	
Castor oil	½ to 2 ounces	1 to 3 drachms	in mucilage
Cascarilla, infusion of	1 to 4 ounces	½ to 1 ounce	
—tincture of	½ to 4 drachms	20 to 50 drops	in water
Catechu, extract of	10 to 40 grains	3 to 8 grains	ditto
—tincture of	½ to 4 drachms	12 to 20 drops	ditto
Chalk, prepared	½ to 2 drachms	8 to 30 grains	ditto
—powder, compound	½ to 1 drachm	10 to 20 grains	ditto
—with opium	20 to 40 grains	5 to 6 grains	ditto
Chamomile flowers	10 to 20 grains	2 to 5 grains	in pills
—infusion of	1 to 4 ounces	2 to 4 drachms	
Columba, powder of	10 to 20 grains	2 to 5 grains	in water
—tincture of	½ to 4 drachms	20 to 50 drops	ditto
—infusion of	1 to 4 ounces	2 to 6 drachms	
Cheltenham salt	1 to 6 drachms	½ to 1 drachms	in water
Crab's claws, prepared	20 to 60 grains	5 to 20 grains	ditto
Contrayerva powder, compound	15 to 30 grains	1 to 8 grains	ditto
Cream of tartar	1 to 4 drachms	10 to 20 grains	ditto
Colocynth pill, compound	4 to 20 grains	1 to 2 grains	in pills
—extract, compound	3 to 20 grains	ditto	ditto
Dover's powder (to sweat)	8 to 15 grains	not suitable	in jelly
—(as a mild anodyne & diaphoretic)	3 to 4 grains	1 to 1½ grain	in pill
Electuary (lenitive)	1 to 8 drachms	½ to 2 drachms	alone
Elixir of vitriol	10 to 60 drops	5 to 6 drops	in water
Emetic tartar (as an emetic)	1 to 3 grains	¼ to ½ grain	ditto
—(as an alterative, etc.)	1/10 to 1/6 grain	1/18 to 1/26 grain	ditto
Epsom salt	1 dr. to ½ ounce	½ to 1 drachm	ditto
Foxglove, powder of	½ to 3 grains	not suitable	in pill
—tincture of	10 to 40 drops	3 drops	in water
—infusion of	¼ to 1 ounce	½ to 1 drachm	twice a day
Gentian, extract of	5 to 20 grains	1 to 6 grains	in pill
compound infusion of	1 to 4 ounces	2 to 3 drachms	
compound tincture of	1 to 2 drachms	10 to 20 drops	in water
Ginger, powder of	4 to 25 grains	1 to 3 grains	ditto
—tincture of	½ to 2 drachms	5 to 10 drops	ditto
Glauber's salt	2 dr. to 1 ounce	½ to 1 drachm	ditto
Grey powder	3 to 8 grains	2 to 3 grains	in pills
Gnaiacum gum	10 to 30 grains	ditto	ditto
—ammoniated tincture of	40 dps. to 2 drs.	6 to 12 drops	in pills
Hartshorn, spirit of	15 to 50 drops	3 to 6 drops	in water
Hoffman's anodyne liquor	½ to 1½ drachm	10 to 20 drops	ditto
Hemlock, powder of	2 to 20 grains	1 to 2 grains	in pills
—extract of	ditto	ditto	ditto
Hiera piers	½ 2 drachms	2 to 4 grains	in water
Jalap, powder of	10 to 30 grains	2 to 10 grains	ditto
—tincture of	1 to 4 drachma	½ to 1½ drachm	ditto
Ipecacuanha, powd. (as an emetic)	20 to 30 grains	3 to 6 grains	in water
—powd. (as an alterative)	1 to 2 grains	¼ of a grain	in pills
—wine (as an emetic)	2 to 8 grains	1 to 2 drachma	in water, or alone
—wine (as an alterative)	30 to 50 drops	10 drops	in almond emulsion
—comp.powd.—See Dover's powd.			
Iron, carbonate of	2 to 30 grains	1 to 3 grains	in pills

Medicines Commonly Used in Domestic Practice

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MEDICINES	DOSES		Proper vehicle, etc.
	Adults.	Children from 2 to 4 Years,	
—sulphate of	1 to 6 grains	½ to 1 grain	ditto
—of muriate of	10 dps. to 1 dr.	4 to 10 drops	in water
Laudanum	10 dps. to 2 drs.	drs. not suitable	
Lavender drops	1 to 4 drachma	10 to 20 drops	ditto
Logwood, decoction of	2 to 3 ounces	½ to 1 ounce	
—extract of	12 to 20 grains	2 to 6 grains	in chalk mixture
Magnesia, carbonate of	20 to 60 grains	3 to 8 grains	in water
calcined	10 to 30 grains	2 to 6 grains	ditto
Manna	¼ to 2 ounces	1 to 4 drachms	ditto
Mercurial, or blue pill	3 to 6 grains	1 to 2 grains	in pills
Mercury, with clalk	3 to 8 grains	2 to 4 grains	ditto
Mistletoe powder	20 to 60 grains	10 to 40 grains	in water
Musk	4 to 20 grains	2 to 5 grains	in pills
Muriatic acid	8 to 20 drops, or more	2 to 4 drops	in water
Myrrh, in powder	10 to 60 grains	1 to 6 grains	in pills
—tincture of	½ to 1 drachm	10 to 15 drops	on sugar
Nitre, purified	8 to 30 grains	2 to 3 grains	in water
—sweet spirit of	½ to 2 drachms	10 to 40 drops	ditto
Nitric acid, diluted	15 to 35 drops	3 to 6 drops	ditto
Nutmeg, spirit of	1 to 4 drachms	20 to 40 drops	ditto
Opiate confection .	10 to 30 grains	2 to 6 grains	
Opium, powder of	1 to 2 grains)	opium is rarely	
—purified	½ to 3 grains	advisable in dis	
—tincture of	10 to 60 drops	orders of children	
Paregoric elixir	½ to 2 drachms	5 to 10 drops	in water
Peppermint, essence of	1 to 4 drachms	5 to 20 drops	ditto
Poppies, extract of	2 to 20 grains	1 to 3 grains	in pill
—syrup of	½ to 2 ounces	½ to 1 drachm	alone
Quassia, infusion of	2 to 4 ounces	2 to 4 drachms	
1 to 2 drachma	10 to 20 drops	10 to 20 drops	in water
Rhubarb powder	4 to 30 grains	2 to 8 grains	ditto
—infusion of	2 to 4 ounces	½ to 1 ounce	
—tincture of.	2 to 8 drachms	1 to 2 drachms	ditto
Rochelle salt	1 to 8 drachms	½ to 1 drachm	ditto
Roses, infusion of	2 to 4 ounces	½ ounce	
—conserve of	1 to 8 drachms	20 to 60 grains	in bolus
Saffron	10 to 60 grains	2 to 6 grains	in pill
Salt of tartar	10 to 30 grains	3 to 6 grains	in water
—of wormwood	ditto	ditto	ditto
Sarsaparilla, compound decoction of	4 to 8 ounces		
Scammony, compound powder of	10 to 20 grains	2 to 10 grains	in jelly
—with calomel	ditto	ditto	ditto
Senna, infusion of	1 to 4 ounces	2 to 6 drachms	
—tincture of	½ to 1½ ounce	2 to 3 drachms	in water
Soluble tartar	1 to 8 drachms	½ to 2 drachms	ditto
Solution of acetate of morphia	10 to 60 drops	2 to 4 drops	ditto
Spirit of mindererus	1 to 3 drachms	10 to 20 drops	ditto
—wine	½ to 1 drachm		
—nitre, sweet	½ to 2 drachms	10 to 12 drops	ditto
—sal volatile	½ to 1 drachm	5 to 12 drops	ditto
—ammonia	ditto	5 to 6 drops	ditto

MEDICINES	DOSES		Proper vehicle, etc.
	Adults.	Children from 2 to 4 Years,	
Sponge, burnt	1 to 4 drachms		in jelly
— lozenges of	1 to 3, thrice dly.		
Squill, powder of	1 to 3 grains	¼ to ½ grain	in pill
— oxymel of	½ to 2 drachms	10 to 20 drops	in water
— tincture of	10 to 60 drops	2 to 6 drops	ditto
— pill	10 to 20 grains	2 to 3 grains	
Steel—See Iron			
Sulphur, flowers of	½ to 2 drachms	10 to 20 grains	in milk
— milk of	ditto	ditto	ditto
Syrup of poppies, or opium	1 to 6 or 8 drs	¼ to 1 drachm	
— buckthorn	1 to 2 drachms	½ drachm	in water
— ginger	1 to 4 drachms	½ to 1 drachm	ditto
Tincture of aloes, compound	½ to 2 drachms	20 to 30 drops	ditto
— ethereal	½ to 3 drachms	ditto	ditto
— assafoetida	½ to 2 drachms	10 to 40 drops	ditto
— bark, compound	1 to 4 drachms	20 to 30 drops	ditto
— benjamin, compound	¼ to 2 drachms	10 to 30 drops	on sugar
— cantharides	10 to 60 drops		in water
— cardamoms, compound	½ to 2 drachms	10 to 20 drops	ditto
— cascarilla	½ to 4 drachms	20 to 50 drops	ditto
— catechu	ditto	ditto	ditto
— columba	ditto	ditto	ditto
— gentian, compound	1 to 2 drachms	20 to 30 drops	ditto
— guaiacum, ammoniated	ditto	ditto	on sugar
— jalap	1 to 4 drachms	½ to 1 drachm	in water
— lavender, compound	1 to 2 drachms	15 to 20 drops	ditto
— myrrh	½ to 1 drachm	10 to 15 drops	in mucilage
— valerian, ammoniated	1 to 2 drachms	15 to 20 drops	in water
Turpentine, Venice	20 to 60 grains	4 to 6 grains	in pills
— oil of	10 to 60 or 100dp	5 to 10 drops	in water
Valerian powder	1 to 3 scruples	5 to 10 grains	ditto
Vitriol, elixir of .	15 to 40 drops	2 to 6 drops	ditto
Vitriolic acid, diluted	ditto	ditto	ditto
Wine of steel	1 to 4 drachms	20 to 50 drops	ditto
— meadow saffron	10 to 20 drops,	2 to 4 drops	ditto
Wormwood, salt of	10 to 30 grains	3 to 6 grains	in beer

APPENDIX OF PRESCRIPTIONS

Soothing Injection

No. 67B.

Take of Acetate of morphia 9 grains;
Water 2 ounces.

Mix for an injection. From twenty to thirty drops of this morphia solution may be injected into the womb, to relieve pain in that organ.

This is a useful remedy in severe pain in the womb, arising from painful menstruation, or arrested menstruation. It relieves the pain without being followed by any of that distress and discomfort which ordinarily succeeds opium taken by the mouth. Laudanum and water has not the same effect.

Mixture for Acute Bronchitis.

No. 78 E. Y.

Take of Almond emulsion 11 ounces;
Nitrate of potash 2 drachms;
Tartarized antimony, 2 grains;
Syrup of tolu, 1 ounce.

Mix and give a table-spoonful every hour, or every second hour, until the cough and difficulty of breathing are much relieved.

This is very efficacious in subduing inflammation in the chest, and in cough with fever and pain. It is similar in its effects to No. 78B, but in certain cases of an acute form, is still more effectual. Nitrate of potash and tartarized antimony are among the most efficient means we possess of reducing inflammation.

Mixture for Ulcers and Eruptions

Take of Iodide of potassium	half a drachm;
Dilute nitric acid	1½ or 2 drachms;
Water, or infusion of orange peel	8 ounces.
Dose, two table-spoonfuls, three times a day.	

This is an excellent remedy for ulcerations and foul sores, and therefore will be found useful in various kinds of swellings, ulcers, and eruptions, whether suspicious or not.

Iron and Quinine Tonic**No. 87C.**

Take of Citrate of iron and quinine	1½ drachm;
Sesqui-carbonate of ammonia	2 drachms;
Tincture of orange peel	1½ ounce;
Water	1½ ounce.
Mix, and take a tea-spoonful, twice or three times a day, in a wineglassful of water.	

This is an agreeable and useful combination of steel, quinine and ammonia, and is very efficacious in most cases of debility and poverty of blood.

Muriate of Iron Mixture**No. 87C.Y.**

Take of Tincture of muriate of iron	3 drachms;
Pimento water	5 ounces;
Syrup of orange peel	5 drachms.
Mix. The dose is a table-spoonful, thrice a day, in a wine-glassful of water.	

This is a very decided steel tonic, useful in most cases of debility—useful in scrophula, ulcerations and wherever tone is required in the general system.

Dutch Drops**No. 87D.**

Take of Oil of turpentine	half an ounce;
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Sweet spirit of nitre	half an ounce;
Tincture of guaiacum	1 ounce;
Oil of amber	half an ounce;
Oil of cloves	half an ounce.
Mix them, and take a tea-spoonful, twice or thrice a day, in a wine-glassful of water.	

This is an old and efficacious remedy for lumbago and other forms of chronic rheumatism and is also useful in chronic pains in the bladder.

Nitric Acid Mixture

No. 87E.F.

Take of Dilute nitric acid	2 drachms;
Tincture of orange peel	2 drachms;
Compound infusion of orange peel	5½ ounces.
Mix, and take a table-spoonful, or two, in a wine-glassful of water.	

This is good for the stomach and liver—a tonic and an alterative. It is also a useful vehicle for cod-liver oil, in cough and consumption.

Grey Powder Pill.

No. 119B.

Take of Grey powder	half a drachm;
Extract of hemlock	half a drachm.
Mix them and divide into twelve pills.	

This is a valuable mild alterative and soothing pill, of great use among professional men, to improve the secretions of the liver and soothe the general frame and many disordered states—such as diarrhoea and bronchitis. One pill may be taken every night, for four or five nights; or night and morning for two or three days.

Soothing Lotion

No. 28A.

Mix together one pint of water and two handfuls of common kitchen salt.

Many more costly lotions than this may be formed, but few that are so good. It is of the utmost service in strengthening weak parts and in reducing swellings, congestions and slight inflammations. Wash the parts affected with it thrice a day.

APPENDIX

THE COLD-WATER SYSTEM

It cannot excite wonder that a medical author who has for many years strenuously urged on public attention, the immense advantages to be derived from free ablutions of cold water daily, constant exposure to the air and much active exercise, should think favorably of the *Cold-Water System*. This system is now attracting considerable attention in this kingdom, and since I regard it as a valuable auxiliary to medical practice, it is a pleasure to describe its principal baths and manipulations; and to introduce from my own practice an account of some cases benefited by them, hoping that my afflicted readers may gather from it such hints as will be very serviceable in relieving their disorders and augmenting their strength. Probably no situation in England is better adapted for a trial of this system than Epsom Downs and Malvern; but while I would recommend it as sometimes highly beneficial, it is, at the same time, a duty to warn the public against its excess, and the unprincipled adventurers who on all hands have vaunted it to the skies.

The principal remedial means employed in the "*water cure*" are the *Sudorific Process*; the *Cold Bath*; the *Shallow Bath*; the *Wet-Sheet*; the *Sitz Bath*; the *Wet Bandage*; the *Douche*; and the *Foot Bath*.

Sweating is thus effected:—The patient, being undressed, is enveloped in a large coarse blanket; the legs extended, and the arms kept close to the body; the blanket is then wound round it, as tight as possible, and turned well under at the feet: over this is placed, and well tucked in, another blanket or two, and then a small feather bed; finally, a counterpane, and a sheet are spread over all. Perspiration appearing, the windows are opened, and the patient is

allowed, if he wishes it, a wine-glassful of cold water, every half hour. If head-ache be induced, a damp cloth is applied. The duration of the sweating depends on the nature of the disease, and the constitution of the individual.

The Cold Bath—It is generally taken after sweating, by those patients who have sufficient vigour for re-action. Strange as it may appear to many, the determination towards the skin induced by the perspiring blankets is a great advantage, prior to the use of the cold bath; because the internal organs are thereby relieved, and the shock has quite a different effect on them from what it would have if they were not first thus soothed and the skin relieved.

The Shallow Bath—This is a bath long enough for a man to sit or lie down in, containing six or eight inches of water, or more. Either tepid or cold water is used, according to the circumstances of the patient. It is a bath of great service in numerous cases. The patient is rubbed well, all over, while in the bath. With cold water it is very serviceable in general debility; and with tepid water in local inflammations and fever.

Patients sit in this bath, and have cold water poured over them, and are also rubbed well with wet towels. In my opinion, this kind of bath is not so frequently employed in the German mode of practice as it ought to be. It is a most valuable remedy, and there are few cases of debility in which it is not indicated, and in which it will fail to prove invigorating and either to relieve or cure chronic inflammatory action.

The Sitz-Bath—This is a sitting bath, in fact, a hip bath. We use it in this country made of tin; but at Graifenberg the sitz-bath is a small common flat tub, of about eighteen inches in diameter, containing about two gallons of water. The patient sits in this, with the feet resting on the ground, from eight to forty minutes, or more, according as the case indicates; generally every day, and sometimes twice a day; in severe cases, perhaps, thrice a day. It is, unquestionably, a remedy of great power in all disorders of the abdomen and head. It draws the bad humours from the head, strengthens the whole of the digestive organs, and improves their secretions. Only a small quantity of water is used, with the view of securing a re-action, and thus the water soon becomes warm.

The action of the sitz-bath (and also of the foot-bath) is derivative, if employed for a short time without changing the water;—that is, it draws the blood from the upper regions of the body, by the consecutive re-action of the system, which accelerates the circulation in the smaller vessels of the parts immersed. Thus heat in the head is lessened, congestions there are removed, and the pulse is softened and moderated.

The Foot-Bath—The tub used for this bath is oblong and shallow. It is usually ordered to contain only about two inches of water,—sometimes only an inch; and to be used for six or ten minutes at each sitting; either the servant, or the patient, rubbing the feet the whole of the time. The patient must walk out briskly, for half an hour or hour, immediately after it.

This bath is, likewise, employed as a derivative from the superior parts of the body, and I have found it of striking benefit in affections of the head. Its powerful effects in deriving from the head and in warming cold feet, will be credited by few until they have either felt them in their own persons or witnessed them in others. In the whole of the Hydropathic practice there is no means more strikingly powerful than the foot-bath in certain instances. I can recommend it with confidence in determination of blood to the head, in headache, in affections of the eyes, and in habitual coldness of the feet.

The Douche—The douche is a fall of water from a considerable height, usually from 15 to 18 feet, of about the thickness of a man's wrist. The patient goes into the douche-room undressed, and then exposes one member and part of the body after another to this tremendous fall of water,—taking care of the chest and head. It is used for one, two, or more minutes. It is prescribed with a view to invigorate weak parts; to strengthen the whole muscular structure; and, when a crisis is thought necessary, to stir up all the humours, and bring the bad ones to the surface.

The Wet-Sheet—This is one of the principal means employed in the *hydriatic* treatment and is often called packing. Very few patients submit themselves to it without being enveloped, at least occasionally, either in a whole, or half a wet sheet. All that is

necessary is to put a sheet into a tub of cold water, wring it out, spread it out on the bed, let the patient lay along in it—then wrap it well close all round him, after which cover him with three or four blankets close tucked in all round. It softens the skin, and reduces or lowers the pulse, relieves fever and is an admirable remedy in almost all fevers and inflammations.

The Umschlags or wet Bandages—The wet bandages are very useful applications in most local complaints and in constipation. They are made of coarse linen, of any convenient width, and are uniformly employed in gout, rheumatism, ulcerations, swellings, sprains and weakness of the limbs; being worn for several hours in the day and sometimes all night. The immediate effect of a wet bandage is to reduce inflammation, allay irritation, and impart tone to the nerves and vessels of the part to which it is applied. If active inflammation be present, the linen is dipped in the coldest water, wrung out, placed over the part inflamed, and renewed as often as it becomes warm. But in ordinary cases, and where no acute inflammatory action is to be encountered, the bandage, after being dipped in cold water, wrung out, and wound round the part, is to be covered with a dry bandage, which is to be drawn closely and tightly over that which is wet, so as to promote perspiration from the surface it covers.

There is no part to which a bandage is so frequently applied as round the body; over the stomach and bowel :—for this purpose, it should be at least three or four yards long, and 12 or 13 inches broad; of which about one yard is to be dipped in cold water, wrung out, and then laid over the stomach and bowels; the remaining two yards being wound tightly over it, and tied on one side.

The hydriatic system naturally divides itself into two parts; viz., the *internal* and *external* use of cold water. These are not equally appropriate to all persons. Some persons I have known cured of disorder by the *internal* use of this fluid; others have been either cured of their complaint, or at least very much relieved, by its external employment alone. Others require its full employment both internally and externally.

CASE 1—A retired medical gentleman of this town—a healthy

octogenarian, the clear red and white of whose complexion shamed that of half of our young people has lately become a decided convert to the efficacy of cold water as an *internal* remedy, from having been cured of a very troublesome, tormenting eruption on the lower part of the stomach. He had tried frequent ablution with cold water in vain, and his own account of the matter is this :—On reflecting on the subject, he enquired, what is the cause of this? and he answered himself—certainly the salts in the blood, which are too strong, and require dilution by means of frequent draughts of pure water. He accordingly drank twelve or thirteen tumblers full of water daily for as many consecutive days; the eruption and itching vanished, and has not returned.

The ingestion of good cold water acts principally, I believe, by cooling the internal membranes, and by diluting and improving the condition of the blood. On being received into the stomach and intestines it cools their surface, constricts the vessels, invigorates them, and represses inordinate vascular action; and by mixing with the circulating fluid, it improves it, and promotes an easy and healthy secretion—a condition of the utmost importance to health. It thus becomes a valuable remedy in the treatment of all maladies in which the pulse is full, strong and quick; or where, in less vigorous habits, a remedial agent is required which will both soothe and strengthen. Hence its utility in unhealthy states of the mucous membranes, whether of the digestive canal or lungs.

Nevertheless, some delicate persons cannot bear the drinking of much water; it renders them wretchedly cold, puts them into a universal shaking, and a proper degree of heat is with difficulty restored. Here we must be cautious and sparing.

Ignorant and over zealous people write and talk as if every one could drink and use cold water freely, if they please; and those who believe them will do a great deal of injury. Cold water is a powerful agent ; and there is as much good sense in talking thus, as there is in declaring, that peoples' being injured by mercury is a fancy, and that everyone may use mercury freely with advantage if they like it. The same difference is to be seen in the use of water as of every thing else in nature—it produces very different effects

in different constitutions and circumstances, and great judgment is often required to adapt its quantity to the capabilities and requirements of individual systems.

Claridge has done good by calling the attention of the British Public to this method of practice; but its real value and correct use cannot be understood from such empirical books as his; they are written *ad captandum*, and are not to be depended on. Priessnitz and the other ignorant German practitioners direct it at random, and are wholly destitute of fixed and enlightened principles in its employment. Certainly Priessnitz effected cures, but he very often failed to benefit patients because of his violent and extreme measures and sometimes the consequences were fatal.

CASE 2—A clergyman, who labours hard in his spiritual vocation, felt very unwell; so weakened by what seemed to himself to be a threatened attack of severe illness, that he became somewhat alarmed, and, having a very favourable opinion of the new system, he drank directly two or three tumblers full of cold water, and in the course of the evening of the same day two or three more. He suffered very much from hoarseness and uneasiness about the chest. Feeling himself better, from the use of the water, on the following day he drank it still more plentifully, to the extent of twelve tumblers full. That night he slept well, found himself in a perspiration in the morning and from that hour all symptoms of illness vanished.

I could relate several other instances of benefit equally satisfactory, arising solely from the *internal* use of cold water; particularly that of a clergyman who had been long afflicted with a very painful chronic inflammation of the eyes, in whom the diluting influence of the water was of so great service, that he speedily recovered better health than he had had for three years.

But in many cases the *external* employment of cold water is far more useful. The good effects of cold thus applied are, in my opinion, to be primarily and mainly attributed to its operation in augmenting *the tone or Vitality of the organic system of nerves*—that all important system of the great sympathetics, whose fibrillae supply all the organs of digestion, assimilation, circulation, and secretion—and upon whose action all the manifestations essentially

vital very much depend. To say that the vital manifestations are much dependant on the action of these nerves, is to assert that the phenomena of health will always be most conspicuous whenever those actions are invigorated and well directed.

We have read of the blind recovering their sight, and the deaf their hearing, in other countries, by means of the *Cold-Water Cure*, but it is for more satisfactory to witness such things in our own land; and it is a high gratification to me to be able to lay before my readers the following case which occurred in my own vicinity—not, indeed, a case of blindness or deafness, but, what is almost equally striking, one of the recovery of speech, etc.

CASE 3—Anne Bright, aged 21. Five years ago she was suddenly attacked with pain in her head, accompanied with fainting fits. At the end of a year hysterical fits commenced (immediately after losing her father) she continued to suffer exceedingly for the following year, at the end of which period her voice failed, and she was soon totally deprived of speech. At the same time her general strength declined, till at length she could not walk more than a hundred yards, and that with much assistance from others.

While in this helpless and deplorable condition, a gentleman and lady residing in the neighbourhood, compassionately took her under their roof, where she continued for two and twenty weeks. She then returned home, but the watchfulness of these kind friends was still extended towards her. This lady an one occasion, when on her way to visit her, was met by the clergyman, who said—"I expect you will be too late, for I thought she would have died while I was with her. During the whole of her illness she was attended by various medical men; she had become so emaciated as to have scarcely anything, but skin to cover her bones; and her last professional man left her as one whose recovery was utterly hopeless. She was thought to be so near death, that her sister sent clothes necessary for a decent interment. In this state a trial of the Cold-Water System was recommended to her and her friends; and they having consented, the treatment was commenced by using the sudorific blankets every morning for an hour and a half, a sitting bath twice a day, and a wet bandage at night. The feet were also

rubbed with cold water in the evening, and she drank seven tumblers full of water in the course of the day. On the sixteenth day of treatment similar to this, a kind of hysteric fit came on while she was in the blanket; her sister put a question to her, expecting a reply, as usual, by the movement of her lips, when, to her astonishment, she audibly replied "Yes." The lady, her benevolent friend, then came to her and said, "Is it true that you can speak?" The girl then began laughing hysterically; she was taken out of the blankets, and the usual cold ablutions made use of, during which time her voice fully returned; she spoke as she had formerly done when in health, after a silence of two years and ten months.

From that period she rapidly gained health and strength; she has lately walked nine miles without much fatigue, and has fully recovered her appetite.

CASE 4—A patient of the author's from Van Dieman's Land, is so highly gratified with the treatment he has undergone, as voluntarily to offer to answer any enquiries respecting it. He suffers from paralysis, arising principally from obstruction in the liver, and accompanied with obstinate constipation of the bowels, general languor and debility. He was three months at Epsom, and the Cold-water process has conquered the disorder of the liver and constipation, refreshed and invigorated his whole system, lessened his paralysis, and freed him entirely from an habitual cold.

We have at Epsom a practice of tucking up, in his warm bed, the patient undergoing the *sudorific* process, and then heaping thick blankets on him, which answers much better, in most cases, than the lamp, or the plan of Priessnitz, and is far more agreeable.

CASE 5—Very lately I have witnessed a cough of the most terrific character subdued by cold ablutions, cold wet compresses applied to the chest daily, and the use of the shallow bath occasionally. This case had baffled the skill of several eminent medical men of the metropolis. The patient was bled nearly every month for the last year,—she lost in consequence an almost incredible quantity of blood,—and her medical men considered themselves compelled to adopt this course, although against their will, so formidable were the paroxysms of coughing, spasm, and

pain. The patient says—"In my own case the Cold-water treatment has done what neither medicine or anything else could; viz., subdued the cough without blood-letting." Some correct idea of the sufferings of this lady, and the extreme severity of her disorder, may be gained from her own account. Referring to her state a few months back, she says—"The palpitation of the heart had increased to a dreadful degree; at times it was so bad, that it appeared impossible to live many hours, and I was frequently obliged to be held by some person, or even two persons, to enable me to endure it."—"During one year I was cupped ninety-seven times, besides frequent bleedings at the arm."

In cases of tender chests-cases which every one has so many opportunities of seeing in this variable climate—the mere washing the chest twice a day with cold water, and rubbing well dry after it, will be of immense benefit. But in actual disease of the lungs; more especially if advanced, the hydriatic method is usually very injurious. It is in consumptive habits, and in the previous stage of debility which so often threatens *phthisis pulmonalis*, that a mild bracing employment of this system is so highly beneficial.

If we can prevail on those who suffer from nervous complaints, or from weakness of stomach, to abstain from hot slops and to drink a little cold water daily, it will be attended with great benefit. A benefited clergyman, in addressing the author, expressed himself to the following effect :—"No medical man I consulted ever before pointed out to me the importance of cold beverages to nervous people. If I had only learnt this in connexion with the water cure, I should thank God." This gentleman states that he derived more benefit from the *hydriatic* treatment, in a protracted nervous complaint, than from all the prescriptions he had tried, drugs and baths, whether English or Continental, put together. And yet I am bound in truth to say, that this clergyman carried his views with respect to cold water, and abstinence from wine, too far, and therefore suffered exceedingly from in enfeebled circulation.

In sore throats the wet bandage put round the throat, and covered with a dry one doubled, is very efficacious; and as sprains, bruises, wounds, and ulcerations, are very frequently met with in

the cottages of the poor, I can confidently recommend the Clergy to advise the use of the wet bandage, and ablutions of cold water for their cure. If much inflammation be present, a long bandage should be dipped in cold water, wrung out, and then wound around the sprain or sore, being renewed through the day as often as it becomes warm; if there is little inflammation, or the case is one of long standing, then the smaller wet bandage should be covered with a thick dry one.

The following is an interesting case of costiveness cured by the new method :

CASE 6—"A gentleman, about thirty-four years of age, had suffered from boyhood, but more especially for the last *ten* years, from extreme constipation, and, without the aid of drastic purgatives, the action of the bowels was entirely suspended. However, this mode of obtaining relief at last failed, and nothing but the daily administration of enemas could produce any decided effect. Under these circumstances, so unnatural and unhealthy, functional derangement of the chest soon presented itself. The lungs became symptomatically affected, and the breathing laborious, more especially on ascending a hill. Haemoptisis, or spitting of blood, accompanied with an irritable cough and mucous expectoration, supervened; and his general health became much impaired. Feeling alarmed at the recurrence of those symptoms, and finding his physical strength evidently declining, he resolved upon trying the effect of Hydropathy. At the end of eight or ten weeks' trial, his bowels had become natural in their action and his evacuations healthy in their character; the cough with the spitting of blood had entirely ceased his physical and mental energies had become fully restored. He has continued the treatment for some time, with the same marked improvement, and feels now altogether well and free from any of his former symptoms. This gentleman regularly walks several miles every morning before the hour of breakfast, and climbs some of the highest mountains with perfect ease and freedom."

This system is truly admirable in that frequent, and too often ill-treated, complaint—

1. DETERMINATION OF BLOOD TO THE HEAD—The patient should drink from two to four tumblers full of water daily; take a sitz bath for half an hour or an hour, once a day; have the cold ablution on rising; a foot bath for eight or ten minutes once a day, or oftener; be sparing in diet, and in mental exertion, and unsparing in his exercises. This will effect more good than all the purgatives that can be given, and all the bleedings and blisterings which can be prescribed. These bleedings and blisterings form a very bad practice in such cases, and yet are daily indulged in. Too many are *physicked* into a fixed confirmed weakness of the brain, who might have been cured by the Cold-water method. The patient must not drink any spirituous or fermented liquors.

2. IN CONSTIPATION AND INDIGESTION—The sufferer must wear the wet bandage round the abdomen for three hours in the middle of the day, and all night; drink two tumblers full of water daily,—of them before breakfast; have the wet sheet, or else a free perspiration by the sudatory or blankets, once a week; have a sitz bath for thirty or forty minutes once a day; the cold ablution every morning, and use energetic friction over the bowels while in the sitz bath. In constipation this treatment is ordinarily completely victorious. I have thus cured persons who have been obstinately costive for many years.

3. IN SKIN DISEASE—I have not space to dwell on these. Let it suffice to say, that a patient of mine was cured by daily sweating, the cold bath, umschlags, and drinking cold water, who had previously consulted in vain some of the most eminent of the faculty in London, and had tried unsuccessfully a course of warm and vapour baths. Sir B. Brodie called his obstinate complaint pityriasis; it was also called psoriasis. Mr. Gaskoyne denominated it *eczema*. His general health has been very much improved under the treatment, and he has been also cured of incipient deafness.

4. IN SCARLET FEVER—Clergymen are, unhappily, too frequently called to witness the sufferings of poor children under this dangerous disease; and if they will attend to the following directions, they cannot fail to be messengers of mercy, to dry many a poor mother's tears, relieve many a child's agonies, and lessen

materially the spread of virulent infection. Give five grains of sesqui-carbonate of ammonia, in water, every three hours; and sponge the whole body once a day with cold water. Nothing more is necessary to cure scarlet fever—all cases, both mild and severe. *The sponging should be performed only when the Skin is Hot and DRY.* The more ardent the fever, the freer should be the sponging. Whenever scarlet fever prevails in a parish, it is almost incredible the amount of good a clergyman may do, who goes amongst the sick armed simply with one ounce of sesqui-carbonate of ammonia and a large sponge. *See page 808.* Indeed, he may leave his sponge at home, if he is afraid of it, and trust to ammonia alone.

5. IN ASTHMA—Some time since a gentleman came from Ireland to Epsom seeking relief in a state of great debility and nervousness, accompanied with asthma. He had been reduced thereby to a very deplorable condition. He could just crawl oat, his pace and distance being one mile in four hours. I put him cautiously under the use of this system, prescribing for him an asthmatic pill at the same time, and enjoining a strict diet. Within a month his pace and distance was four miles an hour. One day he walked on hilly ground ten miles without resting. He had no attack of asthma while at Epsom.

The following quotation is from a letter I have lately received from a general officer, an old patient. It refers to the case of a gentleman of unusual opulence, and a well known sporting character in Hampshire. "Mr.—whom I am hunting with, and have had great sport with, was dying with asthma—could not lay down for fear of suffocation, propped up in his chair day and night;—the cold water system saved his life; made a man of him again, and, although sixty-seven years of age, he can undergo more fatigue than men not half his years;—he is a wonderful man;—hunts his own hounds *himself* four days a week, and the huntsman the other two, though he is never absent from them."

6. IN SCROPHULA AND IN GOUT AND RHEUMATISM : This treatment is often useful. But the public ought not to believe the glowing statements found in books of Hydropathy, which commonly puff' it up as infallible. I know from ample experience that, like all other human means, it is very fallible, and those who make assertions to

the contrary are not worthy of the least confidence or credit. But it is, nevertheless, a valuable auxiliary to medical practice, and as such I sanction it when carefully employed by professional men. The person who introduced Hydropathy into this kingdom, (R. Claridge), was (after his return from Grafenberg) constrained to ask my advice for the cure of a very troublesome complaint, from which his favourite "*Cold-water Cure*," could not deliver him! He was sadly annoyed by an eruption and ulceration about the corners of his mouth, together with a huskiness and uneasiness every morning in his throat and bronchia, causing a sensation as if he had taken cold. His acquaintance rallied him on the extraordinary powers of his "*Cold-water Cure*," and cried out— "*Hydropath, cure thyself*;" but this he could not do, notwithstanding the very liberal use of the fluid he extolled as a panacea and caustic to boot. He was unwillingly, but not unavailingly, driven into the arms of the physician. We were convinced that the same medical means would probably deliver him at once both from the disorder of the skin and that of the bronchia; and sarsaparilla accordingly cured him perfectly within six weeks. So much for the efficacy of physic.

N.B. The lamp bath so often employed at certain Water-cure Establishments is extremely debilitating. It is often very injurious, and I warn my readers to beware of it. Sweating by exercise followed by packing in blankets is far better.

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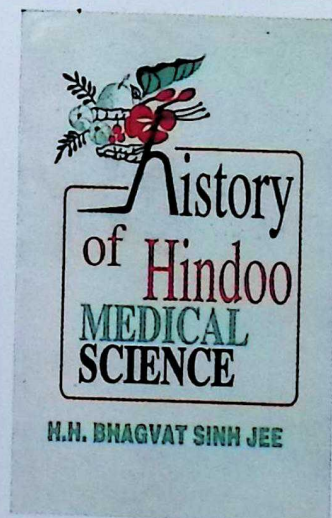
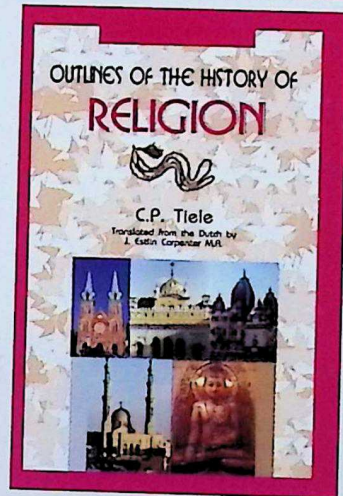
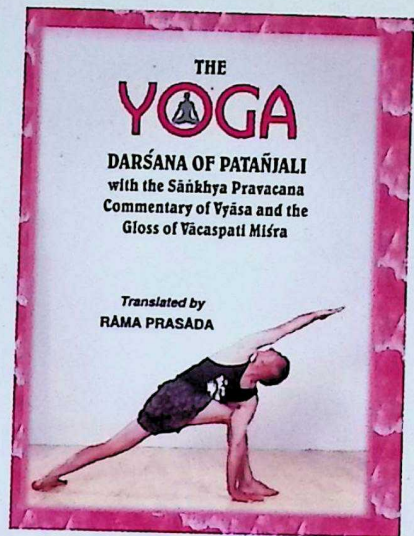
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